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UNIVERSITY OF ALBERTA

ALBERTANS' CONSTRAINTS TO LEISURE:

THE TRENDS AND SUB-POPULATION DIFFERENCES (1981-1992)

BY

SHELLEY OKO

A thesis submitted to the Faculty of Graduate Studies and Research in partial fulfilment of the requirements for the degree of Master of Science.

DEPARTMENT OF PHYSICAL EDUCATION AND RECREATION

EDMONTON, ALBERTA

FALL, 1994

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THE UNIVERSITY OF ALBERTA

FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research, for acceptance, a thesis entitled ALBERTANS' CONSTRAINTS TO LEISURE: THE TRENDS AND SUB-POPULATION DIFFERENCES (1981-1992) submitted by SHELLEY OKO in partial fulfilment of the requirements for the degree of MASTER OF SCIENCE.

Dr. Ross Macnab (Supervisor)

Dr. Jan James

Dr. Harvey Scott

August 18, 1994

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ABSTRACT

The primary purpose of the study was to investigate whether or not Albertans' constraints, inhibiting leisure participation, had changed over a twelve year time span (1981 to 1992). The secondary purpose of the study was to determine whether or not there were significant differences in the types and strength of leisure constraints experienced between men and women, various age groups, differing household types, several income levels and urban versus rural residents.

The 13,500 subjects were the respondents of the *"Alberta Recreation Survey"* in 1992, the 1988 *"General Recreation Survey"* and the 1981 *"Public Opinion Survey"* all conducted by Alberta Community Development. The questionnaires examined whether or not the respondent was interested in participating in a leisure activity but encountered constraints that inhibited participation. Twelve common constraints were listed. Five additional questions addressing gender, age, household structure, income level, and place of residence were used in the study. The data were analyzed by descriptive statistics and a one-way analysis of variance.

The results indicated that the following constraints have significantly increased between 1981 and 1992: charges, cost, family commitments, lack of transportation, poor facilities and transportation cost. Constraints that have significantly decreased include the following: facilities overcrowded, not at ease socially, no others to participate with, do not know where to learn, no close opportunity, and work commitments. The results indicated that there were significant differences among the varying sub-populations. Generally, women experienced constraints such as family commitments and having no others to

participate with more strongly than men. Age groups 18 to 24 experienced constraints concerning money and information moreso than any other group, while the age group 65 and older were more affected by the lack of physical abilities and feeling physically unable. Single parent families were the most inhibited by constraints dealing with money and lack of knowledge. The lower income brackets were more inhibited by constraints concerning money and lack of physical ability. Higher income households felt the constraints of family and work commitments more highly than the lower groups. Rural residents found the constraint of having no close opportunity to be significantly higher than urban residents.

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THE STATEMENT OF THE PROBLEM

Introduction:

One important role of leisure research is to investigate and understand the factors that are perceived by individuals to inhibit or prohibit participation in and enjoyment of leisure. Although the advantages of leisure participation can be classified using different methods and employing unique terms, the basic underlying component is the fact that leisure participation is a valuable component to one's overall well-being. Consequently, the further promotion, elimination of constraints and increased accessibility of leisure pursuits can only enhance the quality of life of the participants. Alberta Community Development has determined that unfortunately over 45% of Albertans attribute lack of participation to inescapable constraints. Therefore, it can be inferred that over 450,000 Albertans face constraints that impede their leisure participation (Ross, 1993 unpublished document). Scott (1991) suggests that when the constraints that individuals face are identified, a bridge can be constructed between participants and activity coordinators. This information can then help activity coordinators best alleviate the impact of constraints ultimately aiding the participants in overcoming their barriers and leading them to a more desirable level of activity.

Although much research has inferred influences of barriers on recreation participation and enjoyment and the relationships between participation and socio-economic barriers very few studies have indicated what those barriers are and how they vary among social groups. Jackson (1983) presents two reasons why a direct examination of barriers will prove beneficial:

> First, a useful contribution may be made to understanding why recreation participation varies with socio-economic, demographic, and other factors. Secondly, from a more practical or applied standpoint, such research can indicate who among the public are relatively disadvantaged and why, leading subsequently to the selection of recreation planning and management strategies designed to relax the effects of obstacles. (p. 48)

A. Statement of the Problem

The primary purpose of the study was to investigate whether the leisure constraints encountered by Albertans have changed significantly over a twelve year time span.

A secondary purpose of the study was to examine which specific groups of Albertans are more seriously affected by specific constraints.

B. Research Questions

This study was directed toward answering the following research questions:

a. Which leisure constraints, if any, have increased or decreased significantly for Albertans between 1981 and 1992?

b. Are there significant differences in reported constraints for males and females?

c. Are there significant differences in reported constraints for different age groups?

d. Are there significant differences in reported constraints for Albertans with differing household structures?

e. Are there significant differences in reported constraints for different income levels?

f. Are there significant differences in reported constraints for Albertans living in rural versus urban communities?

C. The Delimitations:

The study was delimited as follows:

1. To the information obtained on the 1981 *Public Opinion Survey*, the 1988 *General Recreation Survey* and the 1992 *Alberta Recreation Survey*.

2. To those Albertans who were over the age of seventeen.

3. To those constraints (dependent variables) which were common among the three years (1981, 1988 and 1992).

4. To these specific independent variables: age, gender, income, household structure and place of residence.

5. To the data conducted in the 1981 *Public Opinion Survey*, the 1988 *General Recreation Survey*, and the 1992 *Alberta Recreation Survey* whereas the 1984 *Public Opinion Survey* was eliminated in the study due to the different type of question asked that year.

D. Limitations of the Study

This study is limited to the extent that the conclusions were based on the sample of Albertans who were sent the survey questions, cooperated, and responded honestly.

E. The Significance of the Study

With the major thrust of recreation research seeking to understand why, where, and in what numbers people recreate, identifying constraints that prevent this pleasure is essential to recreation planners and administrators. This type of information is also helpful in determining whether leisure services are allocated equitably (Rosma & Hoffman, 1980). According to Shaw, Bonen and McCabe (1991) there is a basic assumption that a direct link exists between the reporting of constraints and the level of participation in leisure activities. That is, it is assumed that the constraints individuals encounter do, in fact, reduce the preferred level or quality of participation. These constraints could result in less participation than people would like or perhaps non-participation.

One of the first steps required in enabling recreation planners and administrators to decrease the strength of constraints is to identify them. Therefore, there is a need to summarize the current state of leisure constraints in an effort to consolidate and challenge thinking about constraints on leisure and to advise administrators.

Despite the current acceleration of interest regarding leisure constraints, the literature does not address whether or not the constraints that Albertans encounter have changed over a twelve year period (1981 to 1992). Determining the current trends of specific constraints can help administrators plan for the future by assisting organizations to focus on particular constraints which seem to be increasing. As well, the current analysis conducted by Alberta Community Development emphasizes general yearly constraint results, but it does little to provide recreation directors with information which could be applicable to their unique community. By further analyzing the data and supplying more specific results, perhaps administrators can use this information to identify those constraints which more particularly affect their area.

II. THE REVIEW OF RELATED LITERATURE

The review of related literature has been subdivided into major sections, each containing several sub-sections: the first section discusses constraints experienced by women, the second reviews the leisure constraints encountered by different age groups, the third section deals with those constraints experienced by differing household structures, the fourth addresses specific constraints various income groups encounter, and the fifth section examines those constraints which differ between urban and rural residents.

A. Leisure Constraints Experienced by Women

Gender Roles

The rapidly growing literature on the topic of women and leisure has addressed diverse issues relevant to the experience and practice of leisure among women. Overall, the literature shows that women's use and enjoyment of free time is affected by gender roles in society and that these roles can be disadvantageous. However, the nature of the lives of women which involves primary child-care, household responsibilities, work outside the home, society's devaluation of the role of women, and oppressive forces acting from a variety of levels means that access to free time and activity are particularly problematic for women (Bolla, Dawson & Harrington, 1991).

This situation, according to the available literature, has not improved in recent years. Bodin and Mitelman (1983) found that "the limitations a working mother encounters centre around the limited time she has and the demands her roles make on her. Time, or the lack thereof, seemed to be the critical pressure to deal with" (p.24). Femininity, responsibility, and motherhood, although important and remarkable demands, also play an enormous part in constraining women's leisure (Henderson and Allen, 1990; Woodward and Green, 1988) .

Feelings of Lack of Empowerment

An opposing view suggests that the most profound intrapersonal constraint that women encounter (by Henderson, 1989, 1990a, 1990b; Deem 1986; and Woodward and Green, 1988) is the perception that women are not entitled to leisure. Feminists suggest that the feelings of lack of empowerment and the unequal access to leisure parallels the oppression and powerlessness experienced in other aspects of women's lives (Wearing and Wearing, 1988). Allison and Duncan (1987) examined whether women felt that they had the right to demand time for themselves. They found that much guilt was associated with spending time at leisure when women felt that they had so many other obligations. Consequently, a leisure deficit was the result.

Glyptis and Chambers (1982) also explored the notion of a woman's entitlement to leisure when leisure is seen as a reward earned when paid work and housework are completed. There is always something more to do especially at home, and since women allow their activities to be

subsumed by the needs and wants of their families, they often allow others in their household to enjoy leisure activities while they do not demand time for their own leisure interests.

With these kinds of perceptions in mind, it is then deemed possible that this lack of empowerment may have resulted in erroneous conclusions as to which constraints women felt they encounter rather than those which they were able to answer on a questionnaire. Deem (1988), however, suggests that the leisure literature has not disregarded leisure constraints for women, but has treated them within the same context as leisure for men.

Leisure Entitlement

More recent studies have indicated that women now believe that they are entitled to and have the right to leisure. Therefore, it is possible that women are moving towards a greater desire to engage in leisure pursuits and are not allowing time constraints and family responsibilities to obstruct their leisure (Henderson & Bialeschki, 1991). Deem (1986) found that when women worked outside the home, they often received more household help, had more money to spend on leisure, could routinize their days better and felt that they deserved to have time for leisure.

Specific Studies

Some of the research data showed evidence of constraint variance by gender. Gender differences in a study by Shaw, Bonen and McCabe (1991) were most evident for the two lack of time variables, with men reporting lack of time more frequently than women (60.1% of men and 49.4% of women report lack of time because of work). A gender difference was also evident in the responses to the lack-of-energy constraint. For women, low energy ranked as the third most frequently reported constraint (reported by 17.7%), while for men it ranked only sixth (reported by 9.9%). One criticism of this study is the elimination of a question pertaining to lack of time due to family or household responsibilities, which women would be expected to indicate more frequently than men. Searle and Jackson (1985) found that women are more constrained when compared to men concerning such aspects as lack of partners, family commitments, lack of information, shyness, lack of transportation, and physical ability. Jackson, in 1991, added to that list lack of interest and money. Bolla, Dawson and Harrington (1991) found the following to be the top ten constraints of women in rank order: responsibility, time, children, skill, schedule, fatigue, guilt, money, co-participants and self-image.

Gender Role As a Constraint

Studies have also indicated that as a result of sex/gender role identifications placed on young children girls are socialized at an early age to spend less time outside. Instead girls are encouraged to engage in

passive activities that rarely develop gross motor skills. With less encouragement and fewer opportunities to experience mastery and competence in movement abilities often feelings concerning physical inabilities and activity inappropriateness become constraints in later life (Kane, 1990).

B. Leisure Constraints Experienced By Different Age Groups

The Importance of Leisure in Later Life

According to The Nation (Statistics Canada, 1987) by the year 2016 there will be approximately 478,000 senior citizens living in Alberta, a significant increase from 196,000 in 1986. Since more people are living longer than ever before and this trend can be expected to continue, the "graying of Canada" attests to the fact that the quantity of life has increased for the aged. Although the increase in the quantity of life is evident, what can be done about the quality of life? As early as 1961 Robert Havighurst expressed concern about the need to not merely add years to life, but to also add life to those years. He recognized the importance of enjoying life and deriving satisfaction from it at any age. It is viewed by numerous authors that satisfaction can be obtained through active involvement in leisure pursuits (Wade, 1985).

The Lack of Leisure Opportunities

Atchley (1977) addressed the question of whether older individuals face increasing difficulty in using leisure time. He wrote:

> Leisure participation in later years is individualized in the sense that each person is free to choose from a wide variety of possibilities. Yet this variety is limited by physical, financial, and transportation factors. A few older people are hamstrung by an ethic that does not allow play without work. Personality, family, and social class values narrow the field of choice still more. Lack of facilities can also limit options. If the older person is to be able to enjoy creative, self-enhancing leisure in retirement, options must be as wide as possible (pp. 176-177).

Kaplan (1979) felt that with an increase in unobligated time a retiree's need to use this time for leisure may be more important than ever; yet unfortunately, the options, access to those options, and the resources necessary to take advantage of that time appear to diminish. During this particular life phase there is a need to increase opportunities for choice and control not only to heighten leisure satisfaction, but to enhance life satisfaction.

Specific Research Conclusions

Researchers such as Godbey (1985), Howard and Crompton (1984), Searle and Jackson (1985), and Witt and Goodale (1981) have examined constraints from a general perspective as well as in the context of age related barriers. McGuire (1984) explored the impact of five constraint factors. The five factors and their respective definers were the following:

1. *External Resource*. Constraints explaining the first factor were primarily related to limitations in resources, such as equipment, money, and information required before engaging in the activity. The factor was defined by six constraints: lack of equipment, lack of facilities, lack of information, not having anyone to teach the activity, the amount of planning required, and lack of money.

2. *Time*. The second factor was composed of constraints related to time. The amount of time available to an individual is finite and, as a result, some leisure desires must go unfulfilled. The constraints defining this factor included having more important things to do, not having enough time, being too busy with other activities, and being too busy with work.

3. *Approval*. The constraints defining this factor reflected a belief that participating in an activity would not be acceptable to others and would result in ridicule or embarrassment. The constraints having the highest effect on this factor were fear of making a mistake, having to make too many decisions, a feeling family and friends would not approve, and fear of disapproval by others.

4. *Abilities/Social*. The fourth factor was not as clear as the others. Two types of constraints defined it. The first type, which included not knowing how to do an activity and not having the skills needed, was related to ability. The second type was not having anybody to do the activity with and friends not doing the activity.

5. *Physical Well-Being*. The last factor was defined by constraints related to health and well-being. Lack of energy, health reasons, the weather, and fear of getting hurt were definers of this factor.

The top reasons for non-participation were found to be lack of time, having more important things to do, being too busy with other activities, lack of energy, health reasons, and not having anyone to do them with. A multiple regression was performed on the participants' age, health, education, income, sex and life-satisfaction with respect to the types of constraints encountered. Some of the significant findings include the following associations: health/education/income/life-satisfaction and time, health and social approval, age/health/life-satisfaction and ability/social, and age/health/income and physical well-being. These types of constraints form the foundation upon which other examinations of leisure constraints in advanced adulthood are based. McGuire believes by assessing the extent to which an individual is inhibited from leisure involvement by each of the constraint types "it will be possible to design programs to remove those constraints" (1984, p.324)

Blazey (1987) examined the constraints seniors face in determining participation in a travel program. Five different factors explored were based on those used by McGuire (1984). The following are the top five

specific constraints reported in rank order:

1) I don't have enough money to go on trips ;

2) My health prevents me from travelling;

3) I don't have a travelling companion;

4) I prefer not to drive during hours of darkness; and

5) I have a disability which makes travel difficult.

The constraints reported were also further analyzed according to gender. Older male adults were found to be significantly more likely to cite the following reasons: a lack of time, that travel would interrupt their normal routine, or that work keeps them too busy to travel. Older female adults, on the other hand, were found to indicate a lack of a travel companion or a concern about driving during hours of darkness in significantly greater numbers than non-participating males. It would appear that males are more reluctant to travel based on ties to traditional work-oriented schedules, while the constraints which hinder females tended to deal more with the actual travel experience.

Harris and Associates' American study (1976) found seniors' reasons for not participating in rank order to be as follows: no facilities available, don't know where they are located, no time, too busy, transportation problems, poor health, never got around to it, have no one to go with, don't want to go alone, not interested, afraid to go out at night, fear of crime, and too young; they are just for old people.

Scott and Zoernick (1977) found that lack of facilities, lack of interest, lack of skill, social expectations, and lack of time also inhibited leisure participation in general. The most significant reasons found by

Buchanan and Allen (1985) for non participation of older adults were fear of crime, lack of time, and health. Strain and Chappell (1982) reported lack of facilities, lack of companionship, health problems, lack of time, and transportation problems while Pageot (1987) found that lack of interest, health reasons, and lack of transportation constrained older adults from their desired level of participation.

The "lack of time" as a reported constraint by all of these studies has been questioned by researchers such as Dishman (1988) who has speculated that lack of time may not be an important constraint on physically active leisure for older adults. Mannell and Zuzanek (1991) addressed this issue and found that constraints such as being too busy, the wrong time, preference for the present activity and plan to participate later support the view that the older adults involved in the study were busy and that their daily lives were filled with competing activities. Thus, the so-called "constraint of time" found in much survey research may not be so much a problem of how much time one has but a problem of how one manages it and what one's preference is.

Constraints On Leisure In Middle Age

Middle age can be objectively defined simply as a period of time comprising those middle years of life bounded roughly by ages 40 and 65. Bennett (1985) suggests that the middle age experience can and should be a time of creative growth in response to the challenge of change. However, to the extent that life events, societal expectations, and personal perceptions introduce turmoil, conflict, or disenchantment, these forces

create constraints on the individual's pattern of leisure behaviour. Bennett (1985) states:

> The negative impression of leisure, derived from our heritage of Judeo-Christian notions of "idleness is the devil's handiwork", stigmatizes leisure as a violation of national values, for only through hard work can brief respite in playful leisure be justified. Thus, for middle-aged persons who are uncomfortable with the odious prospect of several decades of enforced leisure, employment may soothe the guilt by visions of future idleness (pp. 322).

According to Searle and Jackson (1985) adults aged 45 to 64 experience a slight increase in the following constraint areas: lack of partners, site unknown, place to learn unknown, physical ability, lack of transportation, and physically unable. On the other hand the middle-aged group showed a slight decrease in work commitments and family commitments. The constraints just mentioned show a continuation of the pattern (either higher or lower) in the 65 and older category.

McGuire, O'Leary, Yeh and Dottavio (1989) concluded that as one gets closer to retirement one seeks out familiar leisure forms and is less interested in seeking new leisure experiences. As well, less than a fifth of their subjects aged 45 to 64 were interested in starting a new activity, yet over 75% were continuing their activity (which is higher than that of subjects between 18 and 44 years of age). The middle-aged group

reported ceasing activity equivalent to every other age group.

C. The Leisure Constraints Experienced Due To Family Stages

Barriers Showing a Decreasing Pattern Over Family Stages

Numerous studies have indicated the importance of considering life cycle stages for understanding the dynamics of leisure involvement and enjoyment. The literature linking leisure and life cycle identifies social periods over a lifetime (Kelly, 1975) such as marriage, birth of a child, death of a spouse, or the launching of children as critical passages which may affect the opportunity to maintain a desired level of leisure involvement. Certain types of barriers seem to increase as the life cycle progresses whereas others seem to decrease.

Witt and Goodale (1981) concluded that once children reach school age there is a lessening of uncertainty for parents as to what opportunities are available, and how to use opportunities that do exist. This conclusion is supported by findings by Rapoport and Rapoport (1975) that there is an increase in degree of contact with the community and lessening of the burdens of establishing family and career as the family moves from a pre-school to an at-school stage. Mothers with pre-school children are restricted in the locale of leisure, but leisure outside the home increases as children enter school. Once children are of school age parents are less tied down than they were when they had pre-school children. In addition, school-age children may serve as ambassadors to or instigators of contact between families and a source of parental knowledge about community

events. As the children get older barriers such as too many family obligations slowly digresses forming an inverted U. The problem of not having enough free time seems to increase during the entire child-rearing period, and falls off sharply as a barrier once children have left the home (Witt et al, 1981).

Barriers Showing an Increasing Pattern Over Family Stages

The limitation of family and friends' expectations increase over the life cycle stages for women, while for men these expectations are of a much lower significance and more constant. On the other hand "feelings of daily stress" increase over the stages for both sexes. "Often not feeling like doing anything" stays somewhat constant over the child-rearing stage, but increases dramatically once children have left the home. Although women are now able to either go back to work or develop outside interests, they, in fact, increase pressure on themselves when they add responsibilities on top of their already defined family obligations. Although men also experience feelings of increased stress, it seems to have less to do with family expectations. Both males and females, though, seem to experience a diminished level of motivation after the child-rearing stages. Therefore, the family structure and the specific life phase can influence one's decision and constraints concerning leisure activity choices.

D. The Leisure Constraints Experienced Between Differing Socio-Economic Groups

Few researchers have studied how constraints are perceived between various socio-economic and demographical groups. A study by Kay and Jackson (1991) examined the differences in the overall level of constraint in each of their social area categories. Category 1 included those individuals who lived in local authority housing areas and were considered to be of low social status. Category 2 contained inner city residents whose social status was deemed as low to medium. Category 3 was comprised of residents of the inner city transitional areas highly populated with young people and non-indigenous groups. The fourth category included young middle class individuals who lived in the suburban areas of the city. The fifth category consisted of high status individuals who were of mature age and lived in the prestigious areas of the city.

Kay and Jackson (1991) found that the differences in the overall level of constraint reported in each Social Area Category were surprisingly small for sub-groups which differ so greatly in their demographic and socio-economic characteristics. The high level of constraint amongst the most prosperous group (Category 5) is particularly noteworthy, for recreational disadvantage and barriers to participation are often assumed to be associated with areas of obvious deprivation such as money. This, surprisingly, was not the case. In fact, there was not a significant difference between various categories when money is the constraint being analyzed. The data suggests that this is an exaggerated view, and that a baseline of perceived constraint is universal.

Although the two most mentioned constraints were "money" (53%) and "time" (36%) for all categories, Category 5 was slightly different. This category ranked money, as a constraint second while time was ranked first, which differed from the other categories which ranked money first and time second. Most of the other main constraints on leisure did not vary significantly between Social Area Categories. Differences in the constraints of time, family commitments, and poor health were not significantly different at $p < .05$. The only two perceived constraints that varied among the groups were transport and work.

The Impacts Of Financial and Time Constraints

The majority of the sub-sample said that financial constraints made them reduce their participation below their preferred levels which is consistent with Shaw, Bonen and McCabe (1991). More than half (57%) reduced their participation and 11% ceased to participate altogether. There were also variations between the Social Area Categories, with higher proportions reducing their participation in Categories 1, 2 and 3 than in Categories 4 and 5. The constraint of shortage of time was widespread amongst respondents. When time was short Category 1 and 5 were the most likely to cut their leisure (80%) and least likely to cut their household activities as a way to manage their time.

Differing Income Groups and Their Desire For A New Recreational Activity

Jackson and Searle (1983) examined respondents with different income levels with regards to their desire to engage in a new recreational activity. It was found that there is a significant difference between the different income groups concerning their desire to start a new activity. Individuals with a household income of less than $10,000 were significantly less interested in beginning a new activity. Jackson and Searle suggest that the public leisure services system seeks to provide opportunities to all which creates equality but does not guarantee equity.

Conclusion

The importance of identifying leisure constraints of Albertans is clearly evident. From here designing programs to help alleviate the constraints that impede leisure participation is key to successfully increasing the overall well-being of Albertans. For example, Scott (1991) identified ten types of constraints encountered either by the individual or the group and mentioned three strategies that some of his respondents had adopted in order to adjust or alleviate them. They were as follows: acquisition of information about limited opportunities, altered scheduling of games to reduce group membership and individuals' time commitments, and skill development to permit participation in advanced play. With this type of information, a bridge was constructed between participants and activity coordinators which helped alleviate the impact of constraints which ultimately assisted the participants in overcoming the

barriers and led them to a more desirable level of activity.

III. METHODS AND PROCEDURES

The general procedure for this study included (a) the data sources; (b) the subjects; (c) the questions used; (d) response adjustments; (e) scale adjustments; (f) data omitted from the study; and (g) analysis of the data.

A. Data Sources

The data were collected as part of three province-wide mail-out surveys, the 1981 *Public Opinion Survey*, the 1988 *General Recreation Survey*, and 1992 *Alberta Recreation Survey*. The three surveys were designed and conducted by Alberta Community Development (formally Alberta Recreation and Parks) to gather information about the leisure behaviour of residents of Alberta, Canada. The first of these province-wide surveys was mailed to 4,700 households randomly sampled from a list of residential telephones. The response rate amounted to 51.6% (2,425 individuals). In 1988, a stratified random sample of 7,038 households received the survey with 4,044 (57.5% of the households) completing and returning the survey. In 1992, a random sample of 10,299 Alberta households (out of a total of 910,000) were selected for the survey. With the elimination of the surveys that were returned either incomplete or from households which declined to participate, the total number of responses was 5,598 households (55.6% response rate). The samples for all three surveys were stratified according to the following proportions: Edmonton 26%, Calgary 28%, and the remainder of the province 46%. These proportions correspond to equal segmentations of Alberta's population.

Although the data being analyzed did not come from a single study, all three studies were administered by the same agency in the same geographical area using highly similar research design and instruments. Thus, a reasonably valid comparison can be made.

B. Subjects

Respondents for each household were selected on the basis of which adult would celebrate the next birthday. Since there was no link between the participant and his/her responses, the data collected was completely confidential. There were no names, identification numbers, telephone numbers or addresses associated with any of the responses.

C. Questions

This project further analyzed the data collected by Alberta Community Development. The key question from the surveys used investigated the desire for a new recreational activity. The question was worded *"Is there any recreational activity that you don't take part in now but would like to start regularly?"* Those who answered "yes" were asked to include that activity in which they wished to engage and several factors which may constrain their participation. The general statement *"People have many reasons for not taking part in a leisure or recreational activity. Based on the activity you would most like to start, how important are each of the following reasons for not starting this activity?"*

Common factors which constrain participation include the following:

1. Admission fees or other charges for facilities or programs;
2. The cost (rental or purchase) of equipment, materials and supplies;
3. Family commitments (too busy with my family);
4. Work commitments (too busy with my work);
5. Lack of transportation;
6. The recreational facilities are overcrowded;
7. I don't know where I can take part in this activity;
8. It is difficult to find others to participate in this activity;
9. There is no opportunity to participate near my home;
10. I am physically unable to take part (participate);
11. I am not as ease in social situations (I am shy about participating in public);
12. I don't have the physical abilities;
13. I don't know where to learn (excluding 1981);
14. The recreational facilities or areas are poorly kept or maintained (excluding 1981); and
15. The cost of transportation (excluding 1981).

The 1981 survey offered other possible constraints but, due to inconsistency and the inability to compare results to those in 1988 and 1992, they were eliminated from the study.

Using the responses obtained by Alberta Community Development this study further analyzed the results according to the following factors:

1. age of the respondent;
2. sex of the respondent;
3. total income of the household;
4. household structure; and
5. place of residence (urban versus rural).

D. Response Adjustments

Sex and place of residence were recorded according to a uniform structure on all three surveys (1981, 1988 and 1992) whereas the other personal information areas required adjustments in this study to make them easily comparable. The income brackets in 1981 differed from 1988 and 1992. Although the 1981 survey identifies much smaller income divisions, these categories were broadened so that the income categories could be properly compared. This type of re-categorization was also performed on the household structure question. The age categories were broken down into six age groups. These categories included the following age groups: 18-24, 25-34, 35-44, 45-54, 55-64 and 65 and older. All of the classifications used in this study corresponded with the categories of age described by Bolla et al. (1991) except the 65 and older category. To duplicate all age categories, a 65-74 and 75 and over would have to be added, but there were too few respondents to warrant a further division for statistical purposes.

E. Response Scales

Both the 1988 and 1992 surveys used an identical four-point response scale, ranging from 1 = *not important*, through 2 = *somewhat important*, and 3 = *important*, to 4 = *very important*. The 1981 survey used a slightly different three-point response scale, ranging from 1 = *not important*, 2 = *important*, and 3 = *very important*. Since the scales were not directly comparable for all three years, the 1988 and 1992 surveys were adjusted so analogies could be made. Therefore, response 2 (somewhat important) and response 3 (important) were combined to construct the single category of *"important"*. This alteration was considered to be a satisfactory method since the value of response 2 and 3 had some importance but was still distinguishable from the strength of the upper (very important) and lower end (not important) of the scale. By using the verbal headings, divisions were clearly defined on all items using the scale therefore suggesting that the respondents were able to make a distinction in identifying an item as not important, having some importance, or being very important. Consequently, the combination of somewhat important and important do not distort the highest or lowest level of strength.

F. Data Omitted From The Study

The data from the 1984 *Public Opinion Survey on Recreation* was not used for direct comparison in this study for two reasons. Firstly, the respondents in 1984 were asked to indicate *" is there any leisure activity that you used to participate in regularly during the last few years, but*

have not participated in during the last twelve months?" This question seeks to identify reasons for ceasing activities, while the other surveys focus on those constraints that inhibited the initiation of a desired activity. Those who had ceased an activity were asked, in an open-ended question (identical in construction to the other three years), to specify that activity and then to evaluate the relative importance of the selected reasons.

A study by Jackson and Dunn (1991) revealed that a linear comparison for data between 1984 and 1988 could not be conducted for all constraints. Although numerous constraints analyzed by age followed a similar pattern, not all did. As well, the strength of the responses were significantly different in many cases which was partially explained by the fact that constraints experienced during participation can be dissimilar to those experienced prior to starting an activity.

Secondly, the response scale is a five-point scale ranging from 1 = *not at all important* to 5 = *extremely important*, with the three intermediate categories not being specified with verbal headings in the questionnaire. Since the verbal headings are not present the choice of acceptable points of division would have been subjective, arbitrary, and subject to distortion.

The analysis of constraints according to different educational achievements was originally planned to be performed. Unfortunately this research area was eliminated due to incomparability of the educational categories in the 1981 *Public Opinion Survey*.

G. Analysis Of The Data

The data were analyzed using the statistical program "Statistical Package for the Social Sciences". All independent and dependent variables were analyzed by year (1981, 1988 and 1992) and by sub-groupings (different income levels, different household types, etc.). A One-Way Analysis of Variance was conducted to determine whether there was a significant difference at a .01 level between the mean of each variable. To determine whether the variances of each variable were comparable Levene's test for variance homogeneity was performed. A chi-square procedure for two independent variables was run to further verify if the difference in means was significant at the .01 level. The results of the analysis will be presented in the following chapter.

IV. RESULTS

This chapter first sets the stage for the results by describing the entire population as well as the population which desired a new recreational activity and then finally presents the results according to the purposes of the study as stated in the problem statements in Chapter 1. Each table identifies the percentages and significant differences between the means of the constraints analyzed. The presentation of percentages will be done according to "valid percentages" (that is the percent of total responses, excluding missing cases). These valid percentages contain the combination of individuals selecting 2 or 3 on the 3 point scale. The significant difference scores were derived from the mean of the 3 point scale type questions. The mean scores for Tables IV. 4 and IV. 12 will be presented in the Appendix. Only reoccurring trends or interesting findings will be perused.

A. The Samples

Table IV. 1 indicates the percentages of the groups that are represented in the entire sample population while Table IV. 2 displays the percentage of the sample answering "yes" to desiring a new activity.

TABLE IV. 1

Comparative Socio-Demographic Characteristics of the 1981, 1988 and 1992 Survey Samples

Variable	1981 (%)	1988 (%)	1992 (%)
Gender			
Male	65.0	46.0	49.7
Female	35.0	54.0	50.3
Age (years)			
18 to 24	15.0	11.3	5.8
25 to 34	35.2	8.2	12.3
35 to 44	18.3	11.9	13.1
45 to 54	14.6	26.5	24.3
55 to 64	8.8	36.0	27.2
65 or older	8.1	8.9	11.2
Type of Household			
Couple with Children	48.9	44.2	43.2
Couple with no Children	24.5	26.0	23.7
Single-parent Family	9.3	3.8	3.8
Two or more related adults	--	6.6	6.0
Two or more un-related adults	17.5	3.2	3.2
Single Person	--	16.2	20.1
Household Income			
Less than $10,000	9.3	7.0	5.1
$10,001 to $30,000	46.9	30.6	20.7
$30,001 to $50,000	32.9	29.5	24.1
$50,001 to $70,000	5.3	14.5	19.0
$70,001 or more	5.6	9.1	16.5
Place of Residence			
City/town	88.8	88.0	86.0
Farm/acreage	11.2	12.0	14.0

TABLE IV. 2

Population Of Those Answering "Yes" To Wanting To Start A New Activity

Variable	1981 (%)	1988 (%)	1992 (%)
Gender			
Male	63.7	41.3	45.3
Female	36.3	58.7	54.7
Age (years)			
18 to 24	21.0	11.3	8.7
25 to 34	41.8	37.4	29.0
35 to 44	17.0	24.3	30.6
45 to 54	10.2	10.9	15.0
55 to 64	6.7	8.5	10.0
65 or older	3.4	7.7	6.7
Type of Household			
Couple with Children	49.5	49.2	49.4
Couple with no Children	21.9	23.0	20.9
Single-parent Family	9.7	4.2	4.6
Two or more related adults	--	6.7	5.9
Two or more unrelated adults	18.9	3.9	4.4
Single Person	--	13.0	12.5
Household Income			
Less than $10,000	6.6	6.4	4.8
$10,001 to $30,000	48.5	32.0	22.3
$30,001 to $50,000	33.5	33.1	28.6
$50,001 to $70,000	6.0	17.1	23.3
$70,001 or more	5.4	11.3	20.9
Place of Residence			
City/town	90.3	88.6	85.2
Farm/acreage	9.7	11.4	14.8

TABLE IV. 3

Desire To Start A New Activity
(1981, 1988 and 1992 Survey Samples)

Variable	1981 (%)		1988 (%)		1992(%)	
	yes	no	yes	no	yes	no
Gender						
Male	55	45	45	55	44	56
Female	60	40	54	46	53	47
Age (years)						
18 to 24	69	31	66	34	69	31
25 to 34	66	34	60	40	58	42
35 to 44	49	51	52	48	53	47
45 to 54	41	59	42	58	45	55
55 to 64	34	66	39	61	42	58
65 or older	20	80	27	73	24	76
Type of Household						
Couple with Children	57	43	53	47	52	48
Couple with no Children	52	48	44	56	42	58
Single-parent Family	61	39	54	46	55	45
Two or more related adults	--	--	50	50	47	53
Two or more unrel adults	62	38	58	42	63	37
Single Person	--	--	45	55	46	54
Household Income						
Less than $10,000	43	57	38	62	52	48
$10,001 to $30,000	59	41	50	50	48	52
$30,001 to $50,000	59	41	53	47	50	50
$50,001 to $70,000	60	40	52	48	51	49
$70,001 or more	69	31	53	47	52	48
Place of Residence						
City/town	58	42	50	50	49	51
Farm/acreage	54	46	46	54	46	54
Entire Population	57	43	50	50	48	52

B. The Differences Between Sub-Populations And The Desire To Start A New Activity

Table IV. 3 reveals the outcome (in percentages) of the question *"Is there any recreational activity that you don't take part in now but would like to start regularly?"*

Differences Between Males and Females

Table IV. 3 shows that overall fewer males and females wish to participate in a new activity in 1992 when compared to 1988 and 1981. Worth noting is the fact that consistently more women want to alter their leisure involvement than men. Between 1981 and 1992 the gap between those males and females answering "yes" to desiring to start a new activity has increased. Although in 1992 fewer women appear unhappy with their leisure involvement than in earlier years, the fact that the leisure needs of women are being more highly constrained than those of men is both interesting and problematic.

Differences Between the Age Groups

The results indicate that as the categories increase in age there is less of a desire to start a new activity on a regular basis. It appears that after the age of 44 less than half of the population feels unsatisfied with their current leisure participation, up to the point that only approximately 25% of the 65 and older group feel their leisure is constrained. This finding confirmed by McGuire, O'Leary, Yeh and Dottavio (1989), indicates that as one retires one seeks out familiar forms of leisure and is less interested

in new leisure pursuits.

On the other hand, the majority of the respondents in the younger age groups wanted to increase their leisure involvement. Although the percentages of those wanting to and those not wanting to alter their leisure activities fluctuate between 1981, 1988 and 1992, the differences between the age categories continue to show a consistent pattern.

Differences Between the Different Household Types

Table IV. 3 shows that couples with children, couples without children, single-parent families, and two or more related adults show a decrease in wanting to start a new activity in 1992 when compared to 1981 and 1988. With exception, households with two or more unrelated adults and single persons increased slightly. Also worth noting is that single-parent families and households with two or more unrelated adults are the two groups expressing the most dissatisfaction with their current recreation involvement.

Differences Between The Varying Household Incomes

The examination of desiring to start a new activity by income level yields some interesting results. In 1981 and 1988 it is evident that as the income levels increase, so does the dissatisfaction of current leisure involvement. Yet, in 1992 this trend changes. In fact, households with less than $10,000 and those with $70,000 or more are the two groups which desire a new activity the most. The less than $10,000 group also deviates from the yearly pattern in that from 1981 to 1992 the percentage

answering "yes" to wanting to start a new activity decreases. Uniquely, the lowest income group shows a large increase in those answering "yes" in 1992.

Differences Between Place of Residence

The place of residence presents two consistent patterns. The first is the desire to start a new leisure activity decreases between 1981 and 1992 for both urban and rural residents. The second pattern is that in all three years a higher percentage of those respondents living in a city or town feel the desire to engage in a new recreational activity over those subjects who live on a farm or acreage.

Types of Activities Desired

Although leisure pursuits can be both active (eg. hockey, walking) and passive in nature (eg. reading, picnicking) it is interesting to note the types of activities in which Albertans wish to participate. The lists of activities desired in 1981, 1988 and 1992 are located in Appendix 4 , 5 and 6 respectively. These tables reveal that approximately 96% of Albertans want to engage in those leisure pursuits which are active in nature.

TABLE IV. 4

Constraints By Year (% Affected and Ranking)

	1992	(R)	1988	(R)	1981	(R)
Charges	67*	(2)	62	(4)	45	(7)
Cost	70*	(1)	69	(1)	53	(6)
Facilities	64	(4)	66	(2)	64	(2)
Crowded Family	62*	(5)	58	(5)	56	(5)
Commitments Not at Ease Socially	18	(14)	20	(12)	29*	(10)
Do Not Know Where To Participate	37	(10)	35	(10)	43	(8)
Do Not Know Where To Learn	32	(11)	32	(11)	32*	(9)
No Close Opportunity	48	(7)	52	(7)	57*	(4)
No Others To Participate With	53	(6)	54	(6)	58*	(3)
Do Not Have The Physical Abilities	23	(12)	19	(14)	21	(11)
No Transportation	22*	(13)	20	(13)	18	(12)
Poor Facilities	47*	(8)	47	(8)	--	--
Transportation Cost	38*	(9)	41	(9)	--	--
Physically Unable	12	(15)	10	(15)	11	(13)
Work Commitments	67	(3)	65	(3)	71*	(1)

* significantly higher than the other years

Mean scores are recorded on Appendix 1

C. The Sample Populations' Constraints Between 1981 and 1992

Table IV. 4 reveals that over a 12 year time span the sample populations from each year show some constraints more strongly affecting Albertans in 1992. On the other hand it was found that some constraints have significantly decreased for Albertans over the years. Constraints such as charges, cost, family commitments, and no transportation have increased significantly since 1981; while not at ease socially, not knowing where to learn, having no close opportunity, no others to participate with as well as work commitments have significantly decreased over the twelve year time span. Also, between 1988 and 1992 poor facilities and transportation cost have become more constraining to Albertans.

D. The Constraints Experienced By Men and Women

Table IV. 5 reveals that over the 12 year time span many of the constraints that women experienced to a greater degree than men have changed. Constraints such as charges [t = -.61 (d.f.= 1181) m=1.58, f=1.69, <.01.], no ease [t = -2.82 (d.f.=1173) m=1.25, f=1.54, <.01.] , do not know where to learn [t = -.83 (d.f.=1172) m=1.40, f=1.55, <.01.], lack of transportation [t = -.67 (d.f.=1174) m=1.13, f=1.38, <.01.] and feeling physically unable [t = -2.33 (d.f.=1178), m=1.09, f=1.19, <.01.] appear to no longer be more highly constraining for women. It also should be noted that family commitments [t = -3.33 (d.f.=2218), m=1.75, f=1.86, <.01], having no others to participate with [t = -4.80 (d.f.=2232), m=1.57, f=1.71, <.01], and not having the physical abilities [t = -3.54 (d.f.=2209),

m=1.22, f=1.30, <.01] are constraints that are still affecting women moreso than men in 1992. On the other hand, work commitments seem to be equally constraining for both men and women which was not the case in 1981 [t = .68 (d.f.=1189) m=2.11, f=1.93, <.01.]. The cost of recreational equipment appears to be the only constraint to affect men more so than women [t = 3.46 (d.f.=2287), m=2.03, f=1.92, <.01.]. Figures 1a and 1b display how the strength of men's and women's constraints have varied in 1981 and 1992.

1992 - Constraints By Gender

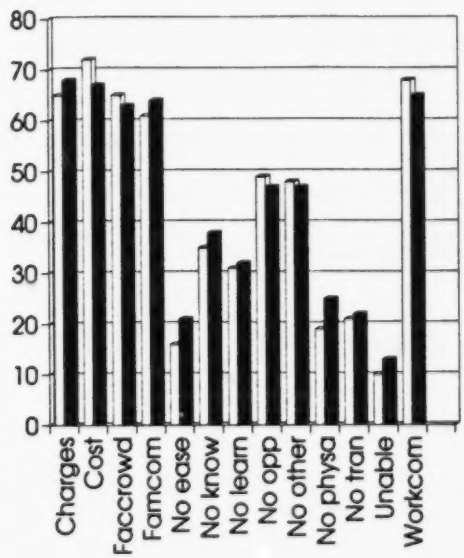

Figure 1a

1981 - Constraints By Gender

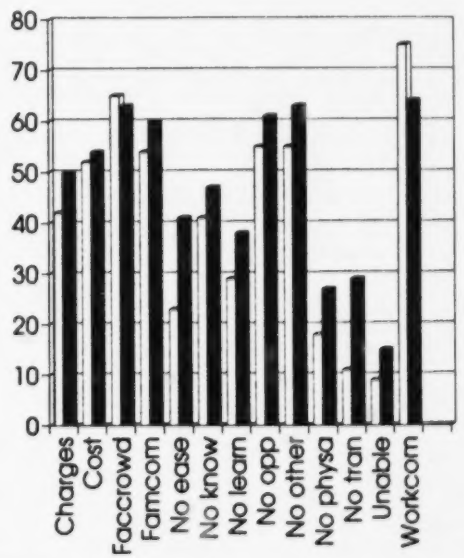

Figure 1b

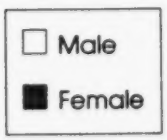

TABLE IV. 5

Constraints By Gender (% Affected and Ranking Male/Female)

	1992 M/F	(R)	1988 M/F	(R)	1981 M/F	(R)
Charges	65/68	(3/1)	59/65	(4/3)	42/50*	(7/7)
Cost	72/67*	(1/2)	67/70	(2/1)	52/54	(6/6)
Facilities	65/63	(4/5)	64/67	(3/2)	65/63	(2/3)
Crowded Family	61/64*	(5/4)	56/59*	(5/5)	54/60*	(5/5)
Commitments Not at Ease Socially	16/21	(14/14)	17/22	(13/14)	23/41*	(10/9)
Do Not Know Where To Participate	35/38	(10/9)	32/36	(10/10)	41/47*	(8/8)
Do Not Know Where To Learn	1/32	(11/11)	28/35	(11/11)	29/38	(9/10)
No Close Opportunity	49/47	(6/7)	48/55	(6/7)	55/61	(3/4)
No Others To Participate With	48/57*	(7/6)	48/58*	(7/6)	55/63*	(4/2)
Do Not Have The Physical Abilities	19/25*	(13/12)	14/23*	(14/12)	18/27	(11/12)
No Transportation	21/23	(12/13)	18/22*	(12/13)	11/29*	(12/11)
Poor Facilities	48/46	(8/8)	45/48	(8/8)	---	---
Transportation Cost	42/36	(9/10)	41/41	(9/9)	---	---
Physically Unable	10/13	(15/15)	9/11	(15/15)	9/15*	(13/13)
Work Commitments	68/65	(2/3)	68/62	(1/4)	75/64*	(1/1)

* significant difference at the .01 level

E. Constraints Experienced By The Varying Age Categories

Table IV. 6 offers information regarding how constraints are affected by one's age. Ages 18 through to 24 appear to be more highly hindered than any other age group in the following constraints: charges, cost, do not know where to participate, do not know where to learn, no close opportunity, no others to participate with and no transportation. The middle age groups (25 to 54) experience too much time with family commitments to be their unique constraint. Whereas the oldest age category (65 plus) experience the difficulties of not having the physical capabilities and being physically unable to be more highly constraining than any other age category. It should be noted that the age categories of 55 to 65 plus experience work commitments at a significantly lower level than the rest of the population.

Tables IV. 6 and IV. 7 also show similar patterns between the varying age categories with some unique exceptions. Figure 2a. to 2k. give a visual display of the constraint patterns that are formed with varying age groups.

1992 - Charges By Age

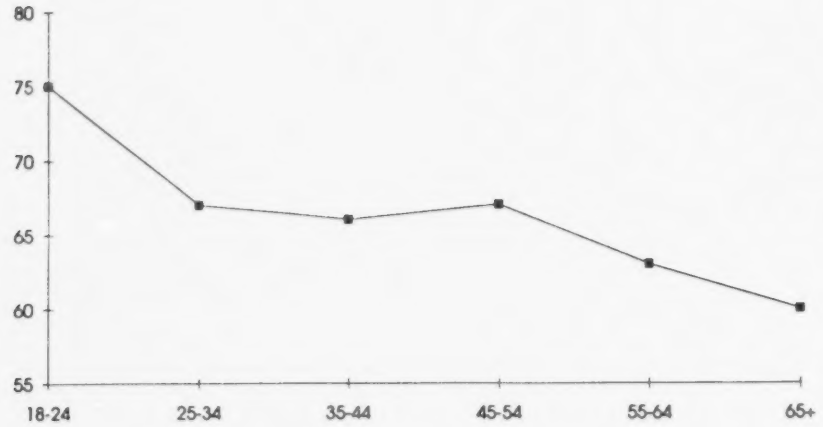

Figure 2a

1992 - Cost By Age

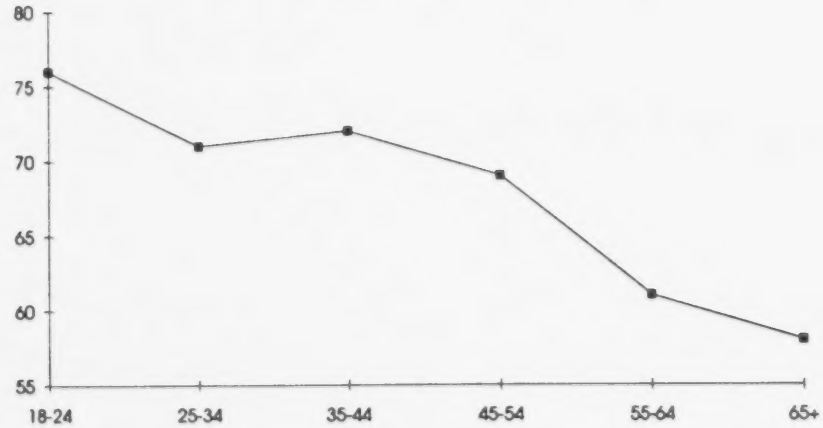

Figure 2b

1992 - Family Commitments By Age

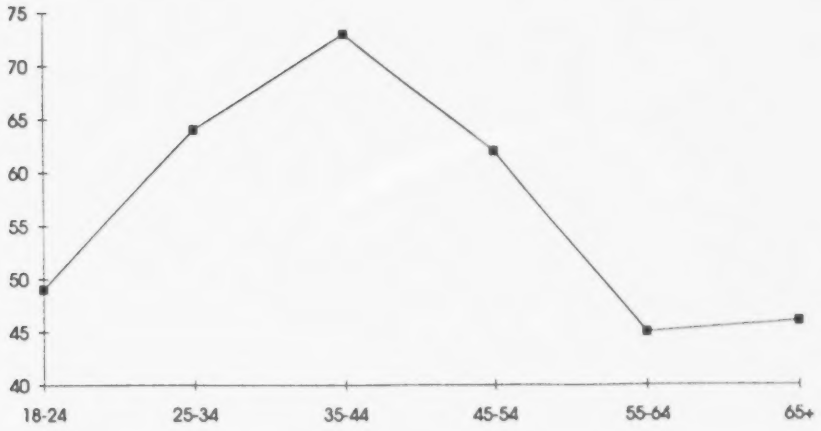

Figure 2c

1992 - Do Not Know Where To Participate By Age

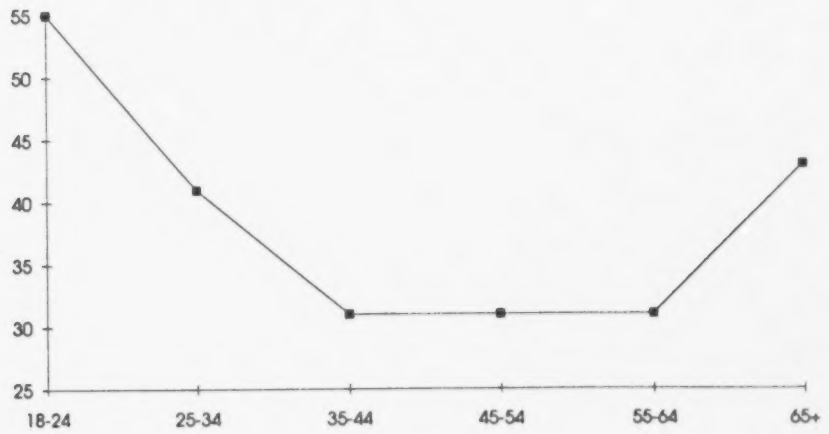

Figure 2d

1992 - Do Not Know Where To Learn By Age

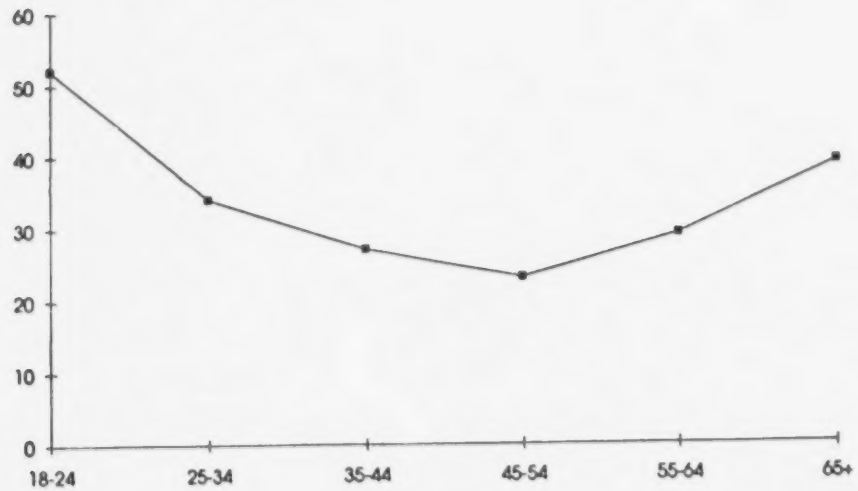

Figure 2e

1992 - No Close Opportunity By Age

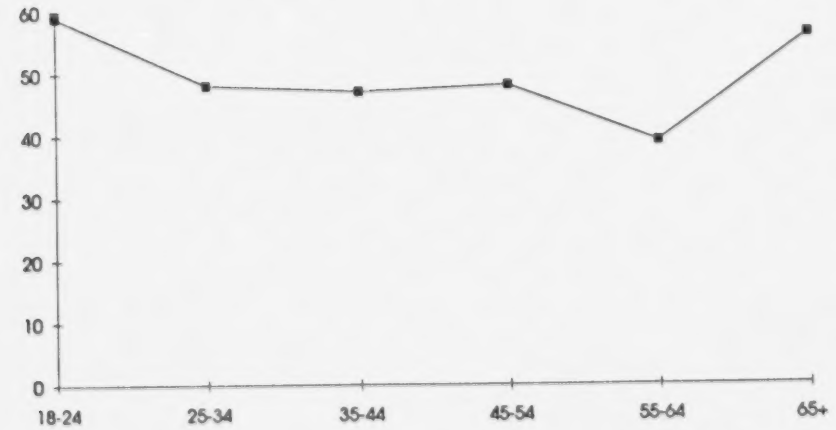

Figure 2f

1992 - No Others To Participate With By Age

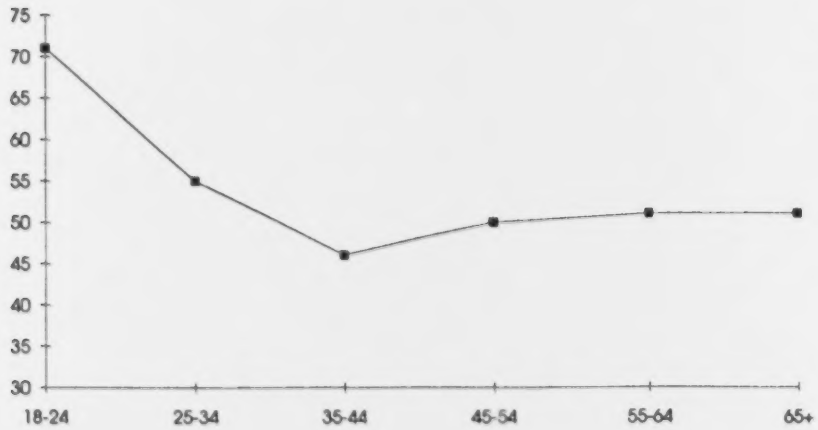

Figure 2g

1992 - Do Not Have The Physical Abilities By Age

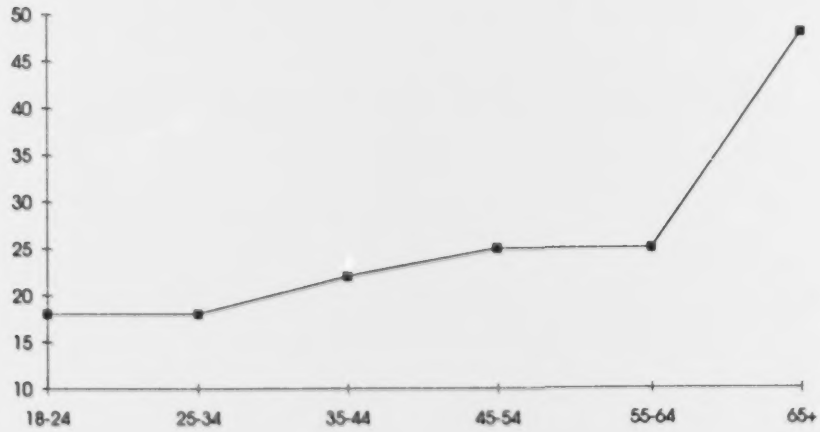

Figure 2h

1992 - No Transportation By Age

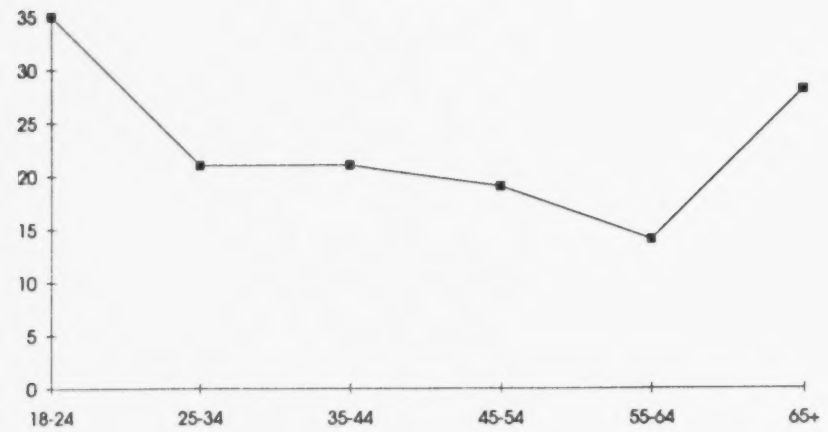

Figure 2i

1992 - Physically Unable By Age

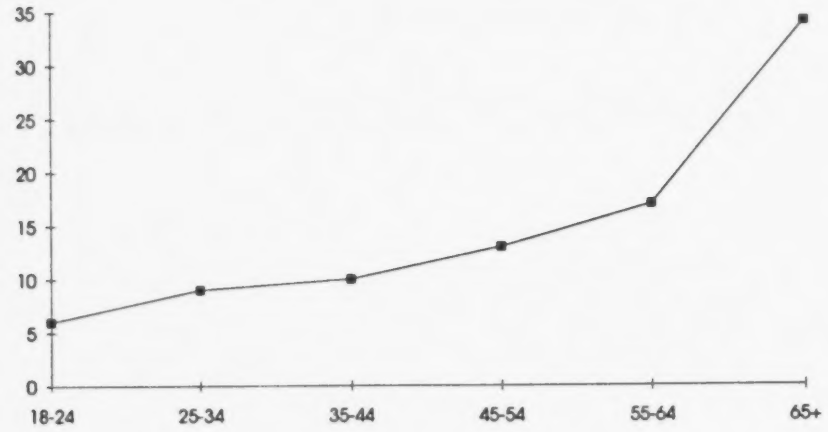

Figure 2j

1992 - Work Commitments By Age

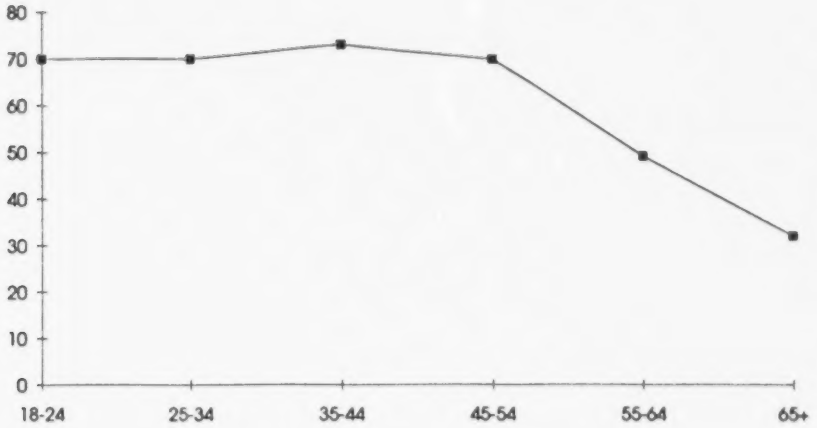

Figure 2k

Table IV. 8 shows that the 65 and older category experienced the lack of knowledge constraints (do not know where to learn and do not know where to participate) more strongly than most of the other categories in 1981. In addition, not having a partner to participate with and the charges to participate were more deterring than in 1992. Worth noting is the finding that constraints as a result of finances (money) do not seem to impede seniors any more than any other age group.

TABLE IV. 6

Constraints By Age - 1992 (% Affected and Ranking)

	18-24	(R)	25-34	(R)	35-44	(R)	45-54	(R)	55-64	(R)	65+	(R)
Charges	75*	(2)	67	(3)	66	(4)	67	(3)	63	(2)	60	(2)
Cost	76*	(1)	71	(1)	72	(3)	69	(2)	61	(3)	58	(3)
Facilities	61	(5)	65	(4)	62	(5)	63	(4)	67	(1)	64	(1)
Crowded Family	49	(10)	64*	(5)	73*	(2)	62*	(5)	45	(7)	46	(7)
Commitments Not at Ease Socially	22	(13)	18	(13)	15	(14)	17	(14)	20	(13)	31	(14)
Do Not Know Where To Participate	55*	(7)	41	(9)	31	(10)	31	(10)	31	(10)	43	(10)
Do Not Know Where To Learn	52*	(8)	34	(11)	27	(11)	23	(12)	29	(11)	39	(11)
No Close Opportunity	59*	(6)	48	(7)	47	(6)	48	(7)	39	(8)	56	(4)
No Others To Participate With	71*	(3)	55	(6)	46	(8)	50	(6)	51	(4)	51	(5)
Do Not Have The Physical Abilities	18	(14)	18	(14)	22	(12)	25	(11)	25	(12)	48*	(6)
No Transportation	35*	(12)	21	(12)	21	(13)	19	(13)	14	(15)	28	(15)
Poor Facilities	47	(11)	46	(8)	47	(7)	47	(8)	49	(6)	45	(8)
Transportation Cost	50	(9)	37	(10)	40	(9)	34	(9)	32	(9)	44	(9)
Physically Unable	6	(15)	9	(15)	10	(15)	13	(15)	17*	(14)	34*	(12)
Work Commitments	70	(4)	70	(2)	73	(1)	70	(1)	49**	(5)	32**	(13)

* significantly higher at the .01 level
** significantly lower at the .01 level

TABLE IV. 7

Constraints By Age - 1988 (% Affected and Ranking)

	18-24(R)	25-34(R)	35-44(R)	45-54(R)	55-64(R)	65+(R)
Charges	74* (2)	63 (4)	64 (5)	56 (4)	48 (5)	59 (3)
Cost	82* (1)	71 (1)	68 (2)	65 (2)	53 (3)	58 (4)
Facilities Crowded	67 (3)	68 (2)	64 (4)	68 (1)	55 (1)	66 (1)
Family Commitments	41 (10)	62* (5)	67* (3)	51 (6)	48 (6)	41 (8)
Not at Ease Socially	25 (13)	19 (13)	19 (13)	20 (12)	16 (15)	2 (14)
Do Not Know Where To Participate	39 (11)	39 (10)	27 (10)	33 (10)	29 (9)	43 (7)
Do Not Know Where To Learn	43* (9)	34 (11)	26 (11)	32 (11)	29 (10)	29 (12)
No Close Opportunity	58* (6)	55 (7)	47 (6)	54 (5)	42 (8)	50 (5)
No Others To Participate With	64* (4)	58 (6)	46 (7)	48 (8)	47 (7)	59 (2)
Do Not Have The Physical Abilities	15 (14)	16 (14)	20 (12)	20 (13)	27 (11)	36* (11)
No Transportation	32* (12)	19 (12)	18 (14)	17 (14)	17 (14)	26 (15)
Poor Facilities	48 (8)	46 (8)	45 (8)	49 (7)	50 (4)	43 (6)
Transportation Cost	51* (7)	42 (9)	41 (9)	38 (9)	25 (12)	37 (9)
Physically Unable Work	5 (15)	7 (15)	9 (15)	13 (15)	19 (13)	27* (13)
Commitments	62 (5)	67 (3)	71 (1)	61 (3)	54** (2)	37**(10)

* significantly higher at the .01 level
** significantly lower at the .01 level

TABLE IV. 8

Constraints By Age - 1981 (% Affected and Ranking)

	18-24(R)	25-34(R)	35-44(R)	45-54(R)	55-64(R)	65+(R)
Charges	53* (7)	43 (7)	42 (7)	36 (8)	40 (7)	50* (6)
Cost	58* (4)	55 (4)	49 (5)	46 (6)	43 (5)	52 (4)
Facilities	67 (2)	63 (2)	68 (2)	78 (1)	58 (1)	54 (2)
Crowded Family	51 (8)	61* (3)	62* (3)	53 (4)	38 (8)	33 (10)
Commitments Not at Ease Socially	25 (11)	19 (10)	19 (9)	17 (11)	20 (11)	26 (12)
Do Not Know Where To Participate	56* (5)	39 (8)	36 (8)	40 (7)	42 (6)	50* (5)
Do Not Know Where To Learn	42* (9)	32 (9)	19 (10)	28 (9)	32 (9)	44* (9)
No Close Opportunity	63 (3)	55 (5)	52 (4)	61 (3)	56 (3)	49 (7)
No Others To Participate With	55 (6)	55 (6)	48 (6)	50 (5)	55 (4)	61* (1)
Do Not Have The Physical Abilities	7 (12)	6 (13)	9 (12)	19 (10)	27 (10)	52* (3)
Transportation Cost	25 (10)	15 (11)	12 (11)	13 (12)	16 (13)	24 (13)
Physically Unable Work	5 (13)	7 (12)	9 (13)	13 (13)	17 (12)	27* (11)
Commitments	71 (1)	69 (1)	82 (1)	75 (2)	57** (2)	48**(8)

* significantly higher at the .01 level
** significantly lower at the .01 level

F. Constraints Experienced By Various Household Types

According to Table IV. 9 there are significant differences between different household types and the impact of leisure constraints.

Single Parents

Clearly, single parents have higher levels of certain constraints than any other group. When comparing 1981, 1988 and 1992 on the basis of what the significant differences between household types are, single parents are showing more constraints that are higher for that category as time goes on. In 1981 single parents were more strongly affected by not knowing where to participate and no others to participate with than any other category. By 1988, single parents now found three constraints that were significantly higher for them: charges, cost and family commitments. According to the survey results in 1992, single parents not only remain higher in those constraints mentioned for 1988, but added not at ease socially, no transportation and transportation cost to the list.

The Remaining Household Types

Couples with children also are more significantly constrained by family commitments than any other group (excluding single parents) while single persons were found to be more strongly affected by not being at ease socially. Interestingly, two unrelated adults found the cost of equipment (etc.) to be as significantly high as single parents. On the other hand, couples with no children and two related adults sharing residence

did not produce any exceptionally high leisure constraints.

TABLE IV. 9

Constraints By Household Type - 1992 (% Affected and Ranking)

	Couple no Children	Couple w Children	Single Person	Single Parent	Two unrel Adults	Two rel Adults
Charges	65 (3)	67 (4)	59 (5)	84* (1)	68 (2)	70 (1)
Cost	67 (2)	70 (3)	62 (3)	78* (2)	81* (1)	70 (2)
Facilities Crowded	67 (1)	63 (5)	65 (1)	73 (5)	51** (3)	66 (4)
Family Commitments	53 (6)	76* (1)	24 (13)	76* (3)	42 (9)	55 (6)
Not at Ease Socially	20 (14)	15 (14)	25* (13)	28* (14)	15 (13)	25 (13)
Do Not Know Where To Participate	39 (9)	34 (10)	41 (9)	46 (10)	37 (10)	42 (9)
Do Not Know Where To Learn	34 (11)	27 (11)	43 (7)	37 (12)	33 (11)	36 (11)
No Close Opportunity	49 (8)	47 (6)	49 (6)	50 (8)	48 (6)	50 (8)
No Others To Participate With	54 (5)	47 (7)	64 (2)	57 (6)	61 (4)	60 (5)
Do Not Have The Physical Abilities	25 (12)	20 (12)	27 (11)	30 (13)	14 (14)	27 (12)
No Transportation	23 (13)	19 (13)	23 (14)	39* (11)	29 (12)	23 (14)
Poor Facilities	50 (7)	46 (8)	41 (8)	50 (9)	42 (8)	54 (7)
Transportation Cost	34 (10)	39 (9)	35 (10)	52* (7)	47 (7)	36 (10)
Physically Unable	16 (15)	9 (15)	15 (15)	11 (15)	8 (15)	14 (15)
Work Commitments	59 (4)	71 (2)	61 (4)	75 (4)	65 (3)	67 (3)

* significantly higher than the other categories at the .01 level

TABLE IV. 10

Constraints By Household Type - 1988 (% Affected and Ranking)

	Couple no Children	Couple w Children	Single Person	Single Parent	Two unrel Adults	Two rel Adults
Charges	53 (4)	65 (5)	64 (4)	79* (2)	62 (5)	63 (5)
Cost	59**(2)	71 (2)	75 (1)	82* (1)	70 (2)	69 (1)
Facilities	64 (1)	66 (4)	66 (3)	75 (3)	63 (4)	69 (2)
Crowded Family	49 (7)	76* (1)	15**(15)	69* (4)	26 (12)	39 (10)
Commitments Not at Ease Socially	18 (13)	19 (13)	22 (13)	28 (13)	25 (13)	18 (14)
Do Not Know Where To Participate	36 (9)	30 (10)	44* (9)	33 (11)	50* (8)	42 (9)
Do Not Know Where To Learn	31 (11)	28 (11)	45* (8)	37 (10)	51* (7)	38 (11)
No Close Opportunity	52 (5)	51 (6)	57 (5)	53 (7)	58 (6)	65* (3)
No Others To Participate With	49**(6)	48**(7)	71 (2)	68 (5)	67 (3)	64 (4)
Do Not Have The Physical Abilities	19 (12)	17 (14)	23 (12)	23 (14)	23 (14)	20 (13)
No Transportation	15 (14)	21 (12)	24 (11)	29 (12)	27 (11)	23 (12)
Poor Facilities	48 (8)	46 (8)	45 (7)	51 (8)	46 (10)	45 (8)
Transportation Cost	31**(10)	43 (9)	43 (10)	47 (9)	49 (9)	48 (7)
Physically Unable	13 (15)	8 (15)	18 (14)	7 (15)	11 (15)	8 (15)
Work Commitments	59 (3)	71* (3)	56 (6)	58 (6)	70* (1)	59 (6)

* significantly higher than the other categories at the .01 level
** significantly lower than the other categories at the .01 level

TABLE IV. 11

Constraints By Household Type - 1981 (% Affected and Ranking)

	Couple no Children		Couple w Children		Single Parent		Two unrel Adults	
Charges	39	(7)	45	(7)	46	(8)	66*	(5)
Cost	47	(5)	55	(4)	52	(5)	63	(6)
Facilities	64	(2)	63	(3)	65	(3)	70	(1)
Crowded Family	29	(9)	68*	(2)	49	(7)	68*	(3)
Commitments Not at Ease Socially	24**	(10)	27	(10)	35	(10)	37	(11)
Do Not Know Where To Participate	44	(7)	39	(8)	52	(6)	46	(8)
Do Not Know Where To Learn	31	(8)	27	(9)	42*	(9)	37	(10)
No Close Opportunity	59	(3)	55	(5)	61	(4)	57	(7)
No Others To Participate With	54	(4)	52	(6)	72*	(1)	70	(2)
Do Not Have The Physical Abilities	19	(11)	19	(11)	22	(11)	38*	(9)
No Transportation	8	(13)	16	(12)	21	(12)	36*	(12)
Physically Unable	11	(12)	9	(13)	8	(13)	28*	(13)
Work Commitments	68	(1)	73	(1)	71	(2)	67	(4)

* significantly higher than the other categories at the .01 level
** significantly lower than the other categories at the .01 level

G. Constraints Experienced By Different Household Incomes

Table IV. 12 clearly identifies that lower economic groups are overall more strongly affected by constraints in comparison with higher income groups. The results from this study were quite different from the socio-economic study performed by Jackson and Kay (1990) who found that money constraints were equal across differing socio-economic groups. Here, the two lowest income groups (less than $10,000 to $30,000) not only identify constraints that are associated with money or the lack of it, but also with other societal and physical inhibitors. There are also other significantly different outcomes that do not concur with Jackson et al. (1990). The lower income groups were significantly more constrained in the areas of not having the physical abilities and being physically unable which was not the case in the previously mentioned study. Furthermore, in this study differences in the constraints of family commitments were evident at the .01 significance level. The only constraint that confirms the results of other studies is that higher income groups do appear to be more strongly inhibited in leisure pursuits as a result of work commitments.

Figure IV. 3 more dramatically illustrates how socially uncomfortable lower income groups feel about leisure involvement when compared to higher income levels. The differences in how changes are perceived as a constraint by the various income groups is shown in Figure IV. 4. Figure IV. 5 exhibits the variations of the constraint of being physically unable experienced between income groups.

1992 - Not at Ease Socially By Household Income

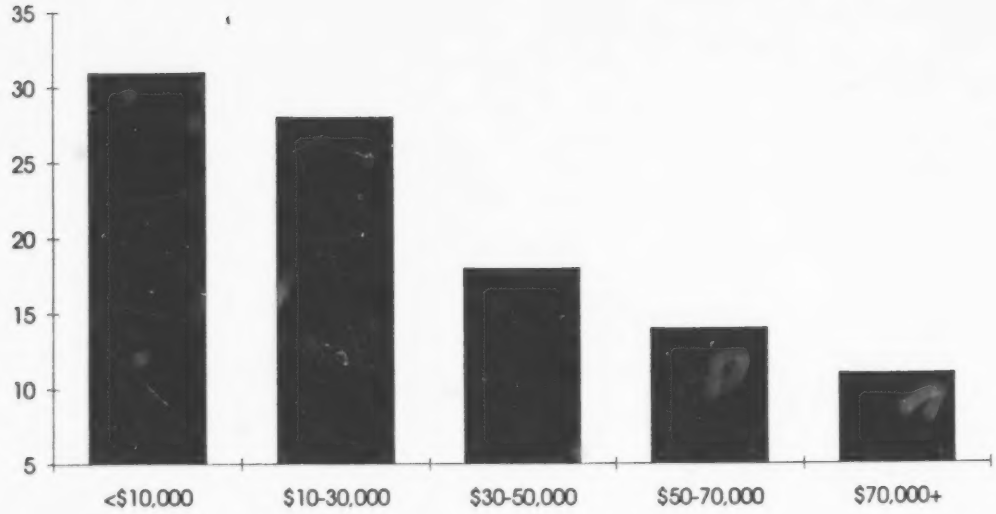

Figure IV. 3

1992 - Charges By Household Income

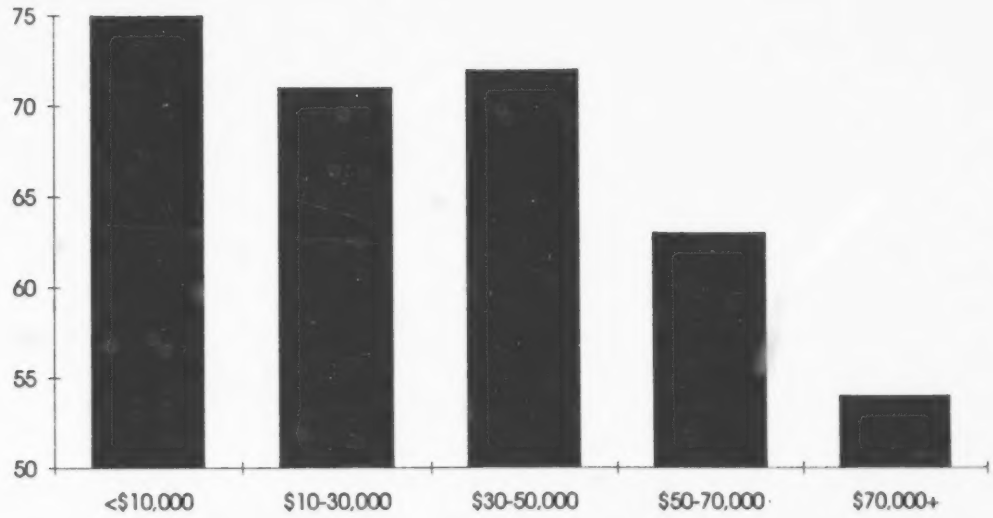

Figure IV. 4

1992 - Physically Unable By Household Income

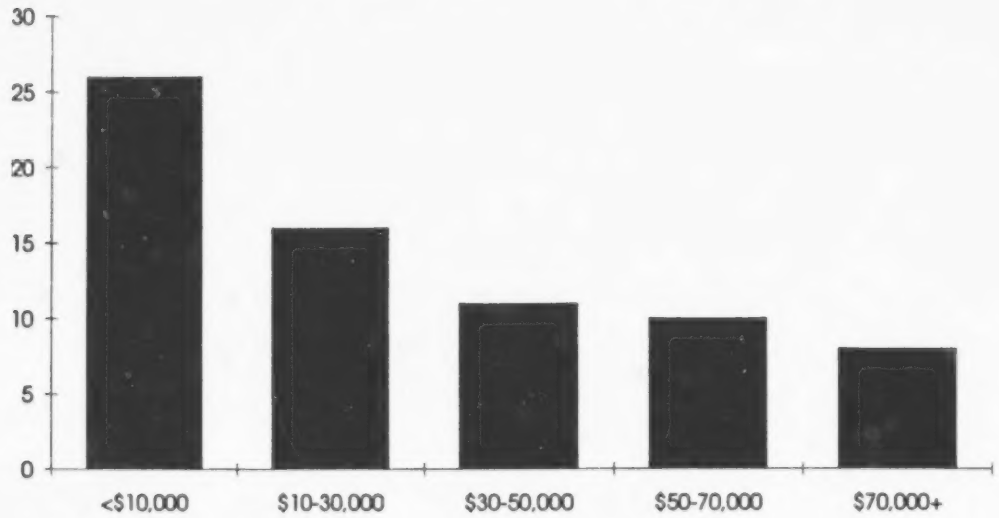

Figure IV. 5

TABLE IV. 12

Constraints By Income - 1992 (% Affected and Ranking)

	Less than $10,000		$10,001 to $30,000		$30,001 to $50,000		$50,001 to $70,000		$70,000+	
Charges	75*	(2)	71*	(2)	72*	(2)	63	(4)	54	(5)
Cost	78*	(1)	72	(1)	72	(1)	69	(2)	61	(4)
Facilities Crowded	68	(3)	66	(3)	68	(4)	58	(5)	61	(3)
Family Commitments	49	(8)	56	(6)	62*	(5)	65*	(3)	68*	(2)
Not at Ease Socially	31*	(14)	28*	(14)	18	(14)	14	(14)	11	(14)
Do Not Know Where To Participate	53*	(6)	44*	(10)	39	(10)	31	(10)	32	(10)
Do Not Know Where To Learn	46*	(11)	40*	(11)	35	(11)	24	(11)	27	(11)
No Close Opportunity	48	(10)	54	(7)	51	(7)	43	(8)	46	(7)
No Others To Participate With	57	(5)	62	(4)	52	(6)	47	(6)	52	(6)
Do Not Have The Physical Abilities	35*	(13)	30*	(12)	22	(12)	17	(13)	18	(12)
No Transportation	46*	(12)	29	(13)	21	(13)	18	(12)	15	(13)
Poor Facilities	51*	(7)	48	(8)	48	(8)	46	(7)	43	(8)
Transportation Cost	48*	(9)	46	(9)	42	(9)	33	(9)	35	(9)
Physically Unable	26*	(15)	16*	(15)	11	(15)	10	(15)	8	(15)
Work Commitments	59	(4)	60	(5)	68	(3)	69*	(1)	70*	(1)

* significantly higher than the other categories at the .01 level

Means scores are recorded on Appendix 2

TABLE IV. 13

Constraints By Income - 1988 (% Affected and Ranking)

	Less than $10,000		$10,001 to $30,000		$30,001 to $50,000		$50,001 to $70,000		$70,000+	
Charges	67*	(2)	74*	(2)	63	(4)	55	(5)	39	(8)
Cost	75*	(1)	80*	(1)	67	(1)	66	(3)	46	(6)
Facilities	62	(3)	68	(3)	67	(2)	63	(4)	62	(2)
Crowded Family Commitments	41	(10)	54	(6)	58	(5)	67*	(2)	58	(3)
Not at Ease Socially	32*	(14)	27	(12)	16	(14)	17	(14)	10	(13)
Do Not Know Where To Participate	45*	(8)	44	(10)	32	(10)	28	(10)	25	(9)
Do Not Know Where To Learn	39	(11)	41	(11)	30	(11)	25	(11)	22	(10)
No Close Opportunity	54	(6)	58	(7)	51	(6)	47	(7)	47	(5)
No Others To Participate With	60	(4)	62*	(4)	47	(7)	51	(6)	48	(4)
Do Not Have The Physical Abilities	37*	(13)	18	(14)	20	(12)	17	(13)	18	(11)
No Transportation	38*	(12)	26*	(13)	19	(13)	17	(12)	7	(14)
Poor Facilities	44	(9)	51	(8)	46	(8)	43	(8)	41	(7)
Transportation Cost	52	(7)	50	(9)	42	(9)	32	(9)	17**	(12)
Physically Unable	21	(15)	12	(15)	11	(15)	6	(15)	3**	(15)
Work Commitments	54	(5)	61	(5)	65	(3)	72*	(1)	68*	(1)

* significantly higher than the other categories at the .01 level
** significantly lower than the other categories at the .01 level

TABLE IV. 14

Constraints By Income - 1981 (% Affected and Ranking)

	Less than $10,000		$10,001 to $30,000		$30,001 to $50,000		$50,001 to $70,000		$70,000+	
Charges	68*	(3)	49	(7)	40	(8)	30	(8)	28	(9)
Cost	67*	(4)	57	(6)	50	(6)	38	(6)	33	(7)
Facilities Crowded	61	(5)	67	(2)	63	(2)	61	(2)	58	(2)
Family Commitments	50	(8)	58	(5)	57	(3)	47	(4)	51	(4)
Not at Ease Socially	45*	(10)	32	(10)	22	(10)	28	(10)	20	(10)
Do Not Know Where To Participate	57*	(7)	43	(8)	41	(7)	38	(7)	40	(6)
Do Not Know Where To Learn	43*	(11)	33	(9)	30	(9)	29	(9)	29	(8)
No Close Opportunity	70*	(2)	59	(4)	56	(4)	51	(3)	53	(3)
No Others To Participate With	73*	(1)	60	(3)	54	(5)	46	(5)	51	(5)
Do Not Have The Physical Abilities	43*	(12)	20	(11)	17	(11)	26	(11)	19	(11)
No Transportation	46*	(9)	20	(12)	10	(12)	9	(12)	8	(13)
Physically Unable	38*	(13)	9	(13)	7	(13)	7	(13)	14	(12)
Work Commitments	59	(6)	68	(1)	75	(1)	77	(1)	74	(1)

* significantly higher than the other categories at the .01 level

TABLE IV. 15

Constraints By Residence (% Affected and Ranking Urban/Rural)

	1992		1988		1981	
	U/R	(R)	U/R	(R)	U/R	(R)
Charges	67/63	(2/4)	63/56	(4/6)	46/39	(7/6)
Cost	69/69	(1/1)	69/64	(1/3)	52/58	(6/5)
Facilities	64/63	(4/5)	67/58	(2/5)	65/61	(2/4)
Crowded Family	62/67	(5/3)	56/68*	(5/1)	55/64	(5/3)
Commitments						
Not at Ease Socially	18/22	(14/14)	20/21	(13/12)	30/26	(10/10)
Do Not Know Where To Participate	37/36	(9/10)	36/30	(10/10)	44/35	(8/8)
Do Not Know Where To Learn	31/35	(11/11)	33/30	(11/11)	32/30	(9/9)
No Close Opportunity	47/55*	(7/6)	51/60*	(7/4)	57/65*	(4/2)
No Others To Participate With	53/52	(6/7)	54/55	(6/7)	60/39*	(3/6)
Do Not Have The Physical Abilities	22/25	(12/12)	20/15	(14/14)	22/13	(11/12)
No Transportation	22/25	(13/13)	21/19	(12/13)	17/19	(12/11)
Poor Facilities	46/51	(8/8)	47/42	(8/9)	---	---
Transportation Cost	37/48	(10/9)	40/48	(9/8)	---	---
Physically Unable	11/13	(15/15)	10/8	(15/15)	11/8	(13/13)
Work Commitments	66/69	(3/2)	65/66	(3/2)	71/74	(1/1)

* significant difference at the .01 level

H. Constraints Experienced By Place of Residence

Table IV. 15 illustrates that there are very few differences in the constraints when comparing urban and rural residents. In fact the only constant constraint that impedes rural residents moreso than urban residents is not having a close place to participate in the activity.

No Close Opportunity By Place of Residence

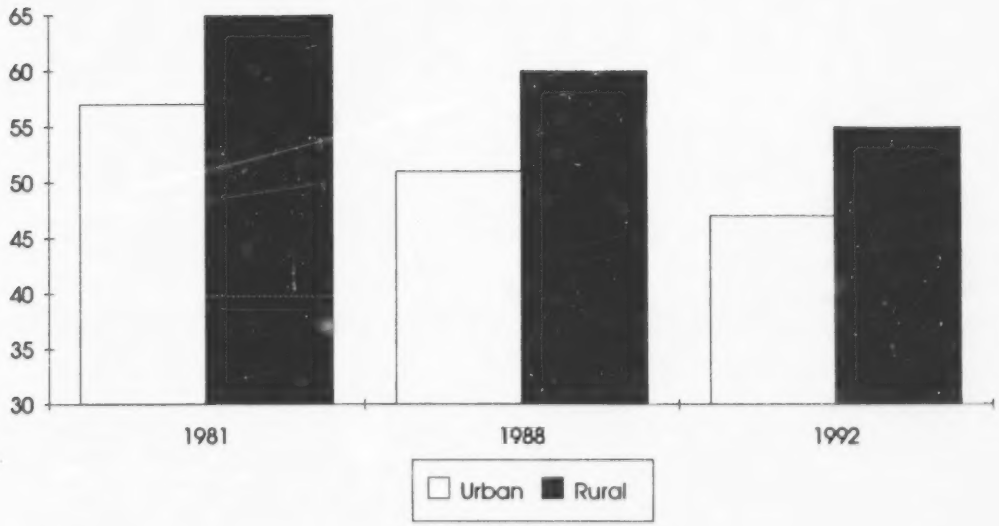

Figure IV. 6

V. DISCUSSION OF RESULTS

A. Constraints That Have Increased Between 1981 and 1992

The results indicate that there are certain constraints that have increasingly impeded leisure involvement of Albertans between 1981 and 1992. The argument could be made that fewer Albertans are reporting the desire to engage in a new activity, but are unable to do so because of constraints, consequently, the problem of constraints must be decreasing. This situation may very well be the case, yet 48% of the respondents indicated that they would like to increase their leisure involvement but feel unable to do so due to the current restraints they encounter. This finding suggests that although efforts may be being made to identify specific constraints that affect Albertans, there is still a need to see how these constraints have changed over the years. By doing so, organizations are better equipped to focus on certain policies that either need to be formulated, or on restructuring ones that do not seem to be functioning effectively.

Money Related Constraints

The admission fees to join or start the desired activity (charges), the cost of equipment (etc.) to participate in the activity, the cost of transportation and not having adequate transportation are some of the constraints that have increased since 1981. Due to both an increase in the Consumer Price Index and inflation (Alberta Bureau of Statistics, 1981 & 1992) paying for leisure activities became more difficult. Not only has

the cost of consumer products such as food, housing and clothing risen but so has the price of private transportation. The cost of both public and private forms of transportation has increased since 1981. Coinciding with the increase in vehicle cost, fewer Albertans are able to afford to buy vehicles than before. Some of these occurrences between 1981 and 1992 may help to explain an increase in these constraints. A further investigation into the economic state of Alberta during the corresponding time period is also essential.

Changes in Funding Available Between 1981 and 1992

During the 1981 and 1992 time period the monetary value and more specifically buying power of money earmarked for recreation programs in the Alberta Recreation and Parks budget decreased (Statistics Canada 1979, 1982, 1987 and 1991). Government funds set aside for recreation development were significantly reduced during the intervening years. As well, money made available to municipalities through a matching grant program allocated by the Alberta Recreation and Parks department reflected the general economic viability of rural and urban municipalities in Alberta during the specified time period. Grants of significantly higher monetary value approved in 1984-85 reflect the fact that organizations as well as municipalities were still able to finalize long term goals to fund the construction of recreation venues and the operation of a variety of recreational programs. The cost related constraints in 1988 were not significantly higher than those in 1981, reflected by the fact that these new facilities and programs had been recently available. As the depressed

economy continues into the end of the 1980's and early 1990's less and less government money was available for recreational pursuits since both rural and urban municipalities attempted to balance budgets all the while keeping property tax increases to a minimum.

Lack of Time Constraints

The lack of time due to family commitments has increased significantly from 1981 to 1992. Although the number of men employed in Canada between 1981 and 1992 has stayed relatively the same, there were 122,000 more women working in 1992 than were in 1981 (Alberta Bureau of Statistics, 1981 & 1992). Consequently, with more time spent on work for pay and therefore less free time in the day, much of that time would be spent with the family and not on individual leisure activities.

Program Suggestions

Overall the top three constraints, in order, which affect Albertans are as follows: charges, cost and work commitments. The cost of equipment, if provided by private businesses, will likely increase over time. Therefore, it is essential that the cost to join activity programs stay at a very reasonable price. The time required by one's work may not decrease over the years, but easily accessible facilities or facilities supplied by work places may help increase leisure participation. Participating before going to work or holding activities later in the evening may enable more individuals to participate in their activity of choice.

Since the three constraints just discussed are fairly general and are applicable to all Albertans they should be kept in mind while reading the next sections. From a general standpoint charges, cost and work commitments appear to hinder all Albertans. Overall this may be the case, yet the widespread assumption that all Albertans feel these constraints equally is incorrect. Therefore, one should look at the differences that occur within various sub-populations to determine if certain Albertans encounter constraints more severely than others. With more specific information program co-ordinators can better assess the needs of its target population.

B. The Differences In The Constraints That Men And Women Experience

The results clearly indicate that women experience many constraints to a much greater degree than men. Unfortunately, these constraints affect over half of the women who responded to any of the three surveys. On a positive note, between 1981 and 1992 fewer constraints inhibited women moreso than men. The intent to equalize the restraints on participation between the sexes is not intended to increase the constraints men experience but rather to create situations whereby women are not inhibited on the basis of their traditional female role.

The constraints that were once more inhibiting for women in 1981 but have equalized in 1992 could be explained by societal change. First, women indicated that the cost to participate in a new activity was more constraining for them than for males. A parallel concept is that men

reported work commitments to be more of an inhibiting factor than women. In 1992 both concepts have altered. This change could suggest that since more women are working for pay they have the equal opportunity to spend their earnings on leisure activities. The percentage of women in the two lower income groups decreased between 1981 and 1992. Therefore, not only do women have an equal opportunity to spend their money on leisure pursuits but they also more closely resemble the income brackets of men. As well, perhaps since women are receiving pay cheques they feel more entitled to participate in leisure activities like their male counterparts. Although the fees (charges) for joining the desired activity is ranked as the constraint most often experienced by women, it reflects the current economic situation in Alberta rather than a difference due to gender.

The number of women who reported not feeling at ease socially has dramatically decreased since 1981. This finding suggests that fewer women are feeling insecure about participating in the activity of their preference. More importantly, this finding could reflect that women are being encouraged to participate in activities of preference rather than in those that were traditionally feminine in nature. As well, there has been an increase in facilities that are geared specifically to the needs of women. For example, workout facilities such as "Spa Lady" and "Club Fit For Women" are opening in large urban centres like Edmonton and Calgary to satisfy the desire women have to be physically fit.

The constraint of not having the physical abilities (although not highly ranked) indicates that women feel either less skilled or physically inadequate for leisure participation when compared with men. With the decrease in the constraint of not feeling at ease socially perhaps this constraint will also decrease. The more girls are encouraged to engage in those activities that develop gross motor skills the more physically skilled they will become. With the increase in activity options (eg. hockey, soccer) for girls and more social encouragement of girls' physical recreation, this constraint could decrease significantly over the next twelve year time span.

The constraint of not knowing where to participate was significantly higher for women than for men in 1981 but was not so in 1992. The number of both men and women who once recorded lack of information as a constraining factor has decreased over the years. Women now appear to have a better idea about where to participate which may be due to the opening of facilities designed for women and to mass advertising. As well, women may feel more entitled to leisure opportunities now that more are working for pay and are taking the initiative to find out where they can participate. Furthermore, the increase in leisure education over the last five years has assisted both men and women gain more knowledge in leisure opportunities.

Another constraint once experienced more by women than men was not having adequate transportation. There is a possible two part explanation of the change in this constraint. One interpretation is that

perhaps since a greater percentage of women own and drive vehicles in 1992 than in 1981 transportation is not as limiting a factor as it once was. The second part of the interpretation is that more men are experiencing transportation concerns in 1992 than was the case in 1981. With the increase in the price of vehicles and public transportation it is no wonder that not having adequate transportation is increasing (Statistics Canada, 1981 and 1992).

Family commitments are significantly higher for women for the three years analyzed. Although the percentage of the respondents that are affected by this constraint is increasing for both groups, the fact that women are still feeling traditionally responsible for the family, (the "ethic of care" as described by Henderson, et al. 1990) and are allowing this responsibility to inhibit their participation moreso than their male counterparts is unfortunate. Until the traditional care-giving role of women is resolved the problem will not disappear.

Another constraint that has consistently inhibited men less than women is having no others with whom to participate. Obviously women are not forming the "active" ties that men are. Women are still allowing family obligations to precede their own needs. By making sure that the rest of the family's needs are met, forming ties with others to engage in leisure activities with may be difficult to do with unreliable schedules (supported by Woodward and Green, 1988).

The only constraint found to be more inhibiting for men than women in 1992 was the cost of participation. By reviewing the types of activities in which men were interested, it becomes evident that men

desire recreational pursuits which are far more expensive than women do. Although both males and females are interested in expensive activities such as golf and joining fitness clubs, men tended to choose expensive sports such as downhill skiing, aerial activities (parachute jumping) and water sports (wind surfing, boating) far more than women did. Therefore, the significantly higher constraint of cost that men experience moreso than women may be partially explained as a result of the types of activities men prefer.

Program Recommendations

To specifically help women overcome many of their leisure inhibitors and therefore become more involved in the activities of their choice, program co-ordinators must now take into consideration constraints that affect women moreso than men and find programming solutions. By incorporating the need for child care, lack of networking and the feelings of physical inadequacy that women experience into the activity, it is probable that more women would participate. A facility that offers a child care service would encourage many more women to join. Since child care services might increase the cost of joining, activities that enable the mothers to participate with their children might be beneficial. If the activity/instructor allowed for socializing with other women who share common obstacles, networking could take place and would allow women the opportunity to find others with whom to participate.

C. The Difference In Constraints Experienced By Various Age Groups

The age group which has significantly higher constraint levels is the youngest age category. The results indicate that this group lacks much of the information needed to participate in the activity of preference. Obviously this group requires an increase in either activity promotion or information on where to receive the appropriate facts. Being the youngest studied group, this age category has the least amount of money to spend on leisure participation (Alberta Bureau of Statistics, 1981 & 1992) and therefore the constraints involving money seem logical. Age groups between 25 and 54 experience family commitments as a constraint significantly higher than other age groups. These findings parallel the study conducted by Witt and Goodale (1981) in that over the child raising years (25-54) family obligations form an inverted U. The same findings have also been true for the other two years studied.

The constraints that remain highly usual for the group 65 and older are the physical inhibitors. Biological and health changes in later life can present health problems which limit leisure options. Chronic problems such as heart disease, diabetes, asthma and arthritis are the major causes of activity limitation. Auditory and visual impairments are also potential constraints. The effect of loss of sight, diminished visual acuity, difficulties in adjusting to changes in light intensity and problems in coping with glare are obvious. Lowered energy levels, difficulty in responding and recovering from stress, and decreased functioning in all the systems and organs of the body can exact a toll on leisure participation (McGuire, 1985).

Program Recommendations

Since the youngest age group seems to be more highly constrained due to lack of information, perhaps activity information for this group could be publicized more effectively. The 18 to 24 year old age group finds the cost of participating and getting to the activity to be inhibiting. By keeping these costs as low as possible more young people could afford to participate. The groups aged 25 to 54 are more highly constrained due to family commitments. More programs that offer child care options or provide an opportunity for parents and children to participate simultaneously would prove to be encouraging. The older age groups experience difficulties in physical abilities moreso than any other group. Activities/programs that consider the physical needs and health concerns of the older groups, such as difficulties with seeing and hearing as well as limited movement due to health ailments such as arthritis, would be more appealing to some older Albertans. Crowded facilities is the constraint experienced most by individuals in the age groups 55 to 64 and 65 and older. Possibly having fewer individuals participating at one time and more time options or perhaps having leisure facilities specifically for these age groups may increase overall participation while decreasing the crowding.

D. The Difference In Constraints Experienced By Various Household Types

The type of household/family structure most significantly affected by constraints are single parents. The top three constraints that affect single parents are charges, cost and family commitments, with work commitments a close fourth. Basically these are the constraints that are the most inhibiting for all Albertans, but unfortunately these constraints are even more limiting to single parents than to any other group. With only one household income and children to care for, money and time spent on leisure participation is probably limited.

Program Recommendations

Since single parents are more highly affected by those constraints associated with money, special provisions should be made for this sub-population. The cost of programs for these Albertans should be reasonable to give these parents the opportunity to participate like other Albertans. Again, offering ways in which families can participate together or by providing child care services might decrease the constraining effect of obligations which is felt so intensely by this group.

E. The Difference In Constraints Experienced By Various Income Levels

The lower income groups were more highly constrained by those constraints that involve money when compared to the higher income groups therefore a baseline of perceived constraint of "lack of money" is

not universal, as was once suggested by Kay and Jackson in 1991. Respondents with $30,000 or less also tended to experience those constraints which include lack of information (eg. do not know where to participate) and lack of physical capabilities (eg. physically unable) moreso than the other groups. With the high cost of living, it is logical that the Albertans with the least amount of household income are those individuals who did not feel that they could afford to spend what little money they have on recreational pursuits. Since cost and charges were the top two constraints felt by all of the respondents of the 1992 survey and these two constraints affected the lower income groups the most, special cost reduction considerations for this group should be seriously considered.

The top three income levels (30,001 - $70,000+) experienced family commitments to be more of a limiting factor on their leisure activities than did the lower income groups. The $50,001 to 70,000+ groups also indicated that work commitments were more inhibiting for them when compared with the other groups. The higher income groups ranked this "lack of time" as one of their top three constraints while the other groups ranked these lower. Possibly the higher income groups spend more time working and therefore have less time to become active in a leisure activity in which they wish they could participate.

Program Recommendation

The lower income groups should have special program rates where equipment can be rented for a low cost. Since this group also lacked the knowledge of where to go and what to do, more information should be targeted to this group. The fact that this group also felt more physically unable could indicate that they also may be a group that lacks physical health moreso than any other group. If this is the case, the lower income groups need to experience the benefits of leisure moreso than any other sub-population.

Since the higher income groups need to remove the "lack of time" constraints, work places that offer on-site programs to suit their employee's needs could prove to be beneficial. As well, programs offering activities that are conducive to participation by the entire family would help remove some family commitments as a barrier.

F. The Difference In Constraints Experienced By Urban and Rural Residents

The only constraint that has continued to be significantly more restraining for rural residents than for urban residents is not having a close opportunity to participate in the new activity. This constraint reflects the very nature of the place where one chooses to reside. Albertans who live on either a farm or acreage do so because they select to live in a less highly populated area for work or personal reasons.

VI. SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The constraints of charges, cost, family commitments, lack of transportation and transportation cost have increased significantly between 1981 and 1992. Conversely, not at ease socially, no others to participate with, do not know where to learn, no close opportunity and work commitments have decreased. In 1992 the top three constraints were cost, charges and work commitments respectively. Consequently, these three constraints require the general attention of all Albertans. Many dissimilarities were discovered between the various sub-populations that better equip program providers with more specific information detailing which individuals may experience certain constraints that impede their leisure participation more than other Albertans. Women, single parents, young adults and lower income groups experience some constraints more significantly than other comparable groups. These groups are generally the groups that had the highest percentage of individuals who indicated that they wanted to engage in a new activity. It is unfortunate that the groups with the strongest desire are also the groups which experience the constraints most intensely.

The results, which indicate an increase in constraints experienced by women, were in agreement with the literature. Through societal change and the breakdown of the traditional expectations of women constraints to leisure based on gender differences will slowly subside. On the other hand, disagreement in the literature was found regarding the

effect that income level has on constraints which involve money. The lower the income levels, the higher the constraints that involve money (or the lack of it).

Conclusions

Although special program recommendations were made, individual communities must look at their own particular needs to develop programs which eliminate constraints for their residents. By keeping the cost of equipment as well as the charges to enter the activity down, generally more Albertans will be able to participate in leisure activities. A cost reduction or maintaining an appropriate cost in the future will specifically help single parents, young adults and low income groups. If work sites offered more of the programs their employees desired or encouraged their employees to be more active, the constraint due to work commitments may decline. The time required to work may not decrease but, by limiting as many of the constraints as possible and by encouraging workers to participate, more Albertans can experience the benefits that leisure provides. High income groups, couples with children and households with two unrelated adults would benefit from the decline in work commitments the most. Young adults and low income groups also are lacking the appropriate information regarding leisure activities moreso than any other group. Information needs to be more appropriately targeted to these special sub-populations.

Recommendations

Research that continues to evaluate the leisure concerns and inhibitors that Albertans experience is necessary. Furthermore, a general investigation into a large population like that in Alberta as a whole is beneficial, but it lacks the specific information that recreation providers need to sufficiently target/design their programs. By looking more specifically at various sub-populations one gets a much clearer view of which unique groups require special program considerations.

As a result of this study further research ideas arose. The sub-populations according to gender, age, household types, household income and place of residence could be even further analyzed. For example, examining constraint by gender and age together or constraints by household types and income level may further locate groups that need special help to decrease leisure constraints.

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APPENDIX 1

Constraints By Year (Mean Scores)

	1992	1988	1981
Charges	1.91*	1.72	1.62
Cost	1.97*	1.85	1.76
Facilities	1.81	1.83	1.95
Crowded Family	1.80*	1.62	1.72
Commitments			
Not at Ease Socially	1.24	1.13	1.40*
Do Not Know Where To Participate	1.45	1.35	1.45
Do Not Know Where To Learn	1.38	1.29	1.61*
No Close Opportunity	1.65	1.64	1.88*
No Others To Participate With	1.65	1.57	1.80*
Do Not Have The Physical Abilities	1.26	1.12**	1.26
No Transportation	1.29*	1.15	1.22
Poor Facilities	2.29*	1.57	---
Transportation Cost	2.28*	1.74	---
Physically Unable	1.15	1.05**	1.13
Work Commitments	1.90	1.72	2.05*

*significantly higher than the other categories at the .01 level
**significantly lower than the other categories at the .01 level

APPENDIX 2

Constraints By Income - 1992 (% Affected and Ranking)

	Less than $10,000	$10,001 to $30,000	$30,001 to $50,000	$50,001 to $70,000	$70,000+
Charges	2.80*	2.57*	2.47*	2.20	1.99
Cost	2.87*	2.58	2.56	2.45	2.19
Facilities Crowded	2.31	2.19	2.28	2.11	2.11
Family Commitments	1.86	2.06	2.20*	2.27*	2.40*
Not at Ease Socially	1.59*	1.45*	1.27	1.18	1.50
Do Not Know Where To Participate	2.16*	1.81*	1.67	1.54	1.53
Do Not Know Where To Learn	1.92	1.74*	1.60	1.42	1.43
No Close Opportunity	2.00	2.10	1.99	1.87	1.87
No Others To Participate With	2.20	1.67	1.93	1.83	1.91
Do Not Have The Physical Abilities	1.69*	1.51*	1.34	1.23	1.27
No Transportation	2.11*	1.61	1.36	1.33	1.25
Poor Facilities	2.06*	1.83	1.83	1.79	1.74
Transportation Cost	2.05*	1.91*	1.77	1.60	1.52
Physically Unable	1.45*	1.29*	1.19	1.15	1.12
Work Commitments	2.21	2.18	2.33	2.41*	2.58*

* significantly higher than the other categories at the .01 level

APPENDIX 3

1981

Leisure Or Recreational Activities Which Albertans Would Like To Start

	Activity	Number	% Of Respondents
1.	Racquetball/Handball	170	13.7
2.	Tennis	104	8.3
3.	Swimming	93	7.5
4.	Downhill Skiing	92	7.5
5.	X-country Skiing	79	6.4
6.	Golf	75	6.0
7.	Curling	45	3.6
8.	Bowling	43	3.5
9.	Calisthenics	31	2.5
10.	Hockey	27	2.2
11.	Baseball	21	1.7
12.	Camping	20	1.6
13.	Dancing	20	1.6
14.	Jogging	20	1.6
15.	Badminton	19	1.5
16.	Fishing	18	1.5
17.	Canoeing	17	1.4
18.	Bicycling	17	1.4
19.	Sailing	17	1.4
20.	Ballooning/Flying	16	1.3
21.	Flower Arranging	16	1.3
22.	Other Out Of Home Activities	14	1.1
23.	Rollerskating	14	1.1
24.	Basketball	13	1.0
25.	Backpacking	13	1.0
26.	Martial Arts	13	1.0
27.	Skating	12	0.9
28.	Water-skiing	11	0.9
29.	Hunting	11	0.9
30.	Travel/vacationing	11	0.9
31.	Musical Instruments	11	0.9
32.	Hang-gliding	11	0.9
33.	Archery	10	0.8
34.	Scuba Diving/Surfing	10	0.8
35.	Weightlifting	10	0.8

APPENDIX 4

1988

Leisure or Recreational Activities Which Albertans Would Like To Start

	Activity	Number	% Of Respondents
1.	Swimming	179	9.5
2.	Golf	175	9.2
3.	Physical Fitness/Aerobics	114	6.0
4.	Tennis	88	4.6
5.	X-Country Skiing	85	4.5
6.	Downhill Skiing	84	4.4
7.	Water Sports	78	4.1
8.	Racquetball/Squash	72	3.8
9.	Boating	64	3.4
10.	Skiing	62	3.3
11.	Canoe/Row/Kayaking	55	2.9
12.	Bicycling	53	2.8
13.	Horse Riding/Racing	52	2.7
14.	Camping	49	2.6
15.	Bowling	48	2.5
16.	Creative Activities	44	2.3
17.	Hiking	41	2.2
18.	Aerial Activities	39	2.1
19.	Curling	36	1.9
20.	Baseball	35	1.8
21.	Out Of Home Activities	31	1.6
22.	Dance/Ballet/Jazz	29	1.5
23.	Martial Arts	29	1.5
24.	Body Building	29	1.5
25.	BPack-Mtn Climbing	27	1.4
26.	Fishing	22	1.2
27.	Hunting/Shooting	20	1.1
28.	Badminton	17	0.9
29.	Jogging/Running	17	0.9
30.	Volleyball	15	0.8
31.	Ice Hockey	15	0.8
32.	Walking For Pleasure	14	0.7
33.	Handicrafts	12	0.6
34.	Ice Skating	11	0.6
35.	Biking-BMX	10	0.5

APPENDIX 5

1992

Leisure Or Recreational Activities Which Albertans Would Like To Start

	Activity	Number	% Of Respondents
1.	Golf	230	4.1
2.	Swimming	192	3.4
3.	Physical Fitness/Aerobics	134	2.4
4.	Water Sports	106	1.9
5.	X-country Skiing	105	1.9
6.	Camping	78	1.4
7.	Downhill Skiing	74	1.3
8.	Skiing	74	1.3
9.	Tennis	73	1.3
10.	Bicycling	69	1.2
11.	Boating	68	1.2
12.	Horse Riding/Racing	59	1.1
13.	Bpack-Mountain Climbing	58	1.0
14.	Canoeing-Rowing-Kayaking	56	1.0
15.	Curling	49	.9
16.	Hiking	48	.9
17.	Racquetball/Squash	48	.9
18.	Body Building	47	.8
19.	Walking For Pleasure	45	.8
20.	Bowling	44	.8
21.	Dance-Ballet-Jazz	43	.8
22.	Aerial Activities	41	.7
23.	Martial Arts	41	.7
24.	Other Out-Of-Home Activities	41	.7
25.	Fishing	37	.7
26.	Baseball	31	.6
27.	Volleyball	28	.5
28.	Creative Activities	27	.5
29.	Jogging/Running	27	.5
30.	Attend Class-Courses	26	.5
31.	Performing Arts	25	.4
32.	Archery	23	.4
33.	Ice Skating	23	.4
34.	Hunting/Shooting	22	.3
35.	Ice Hockey	20	.3